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JUNE/JULY 2010

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"Never trust a skinny ice cream man."

—BEN COHEN,
COFOUNDER OF BEN & JERRY'S ICE CREAM COMPANY

get out the grill!

Start the coals. You won't run out of reasons to cook out with the grilling recipes in this issue

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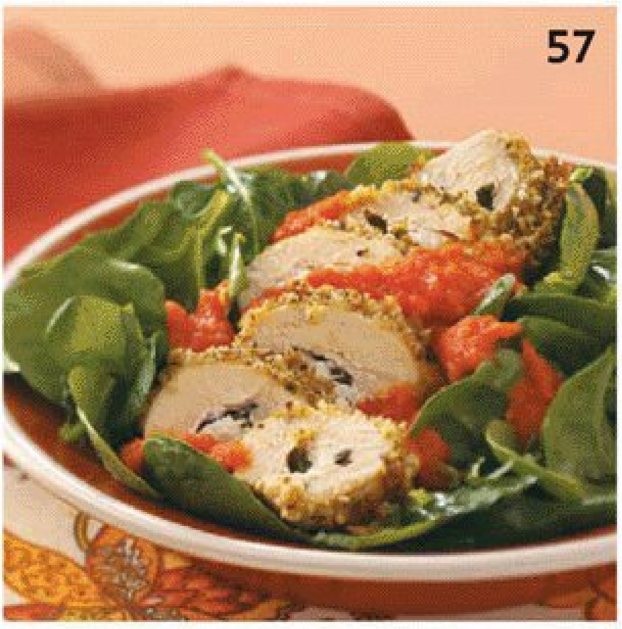

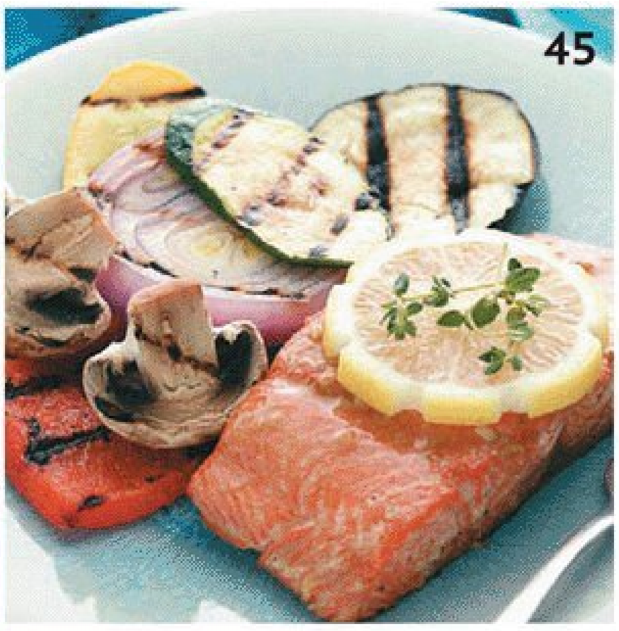

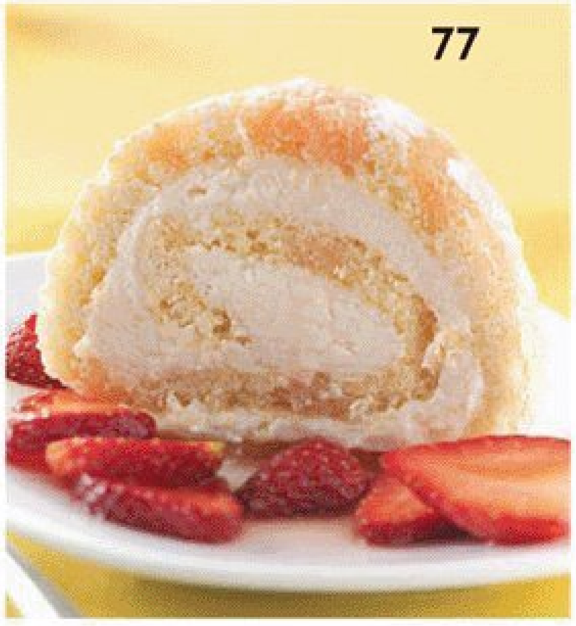

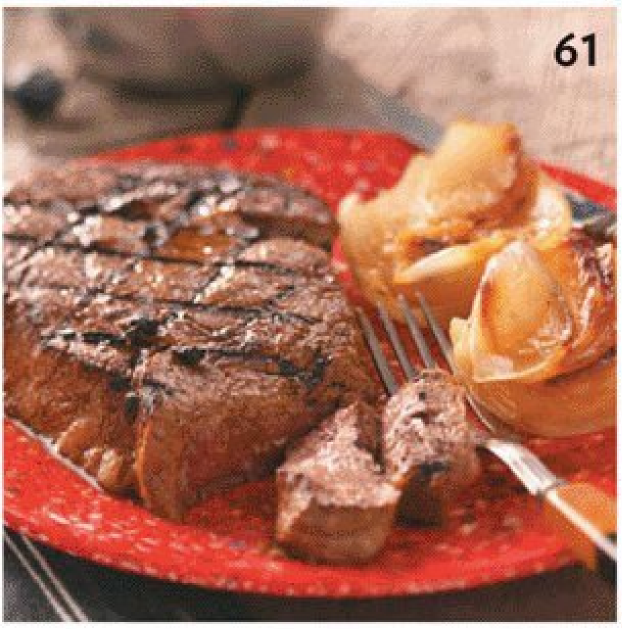

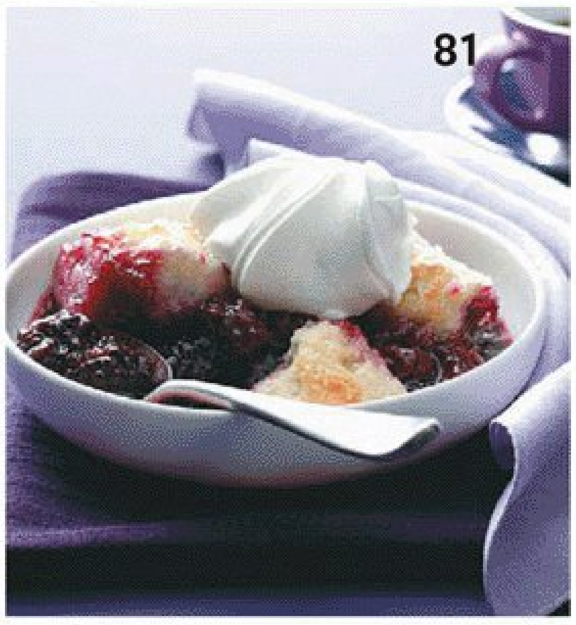

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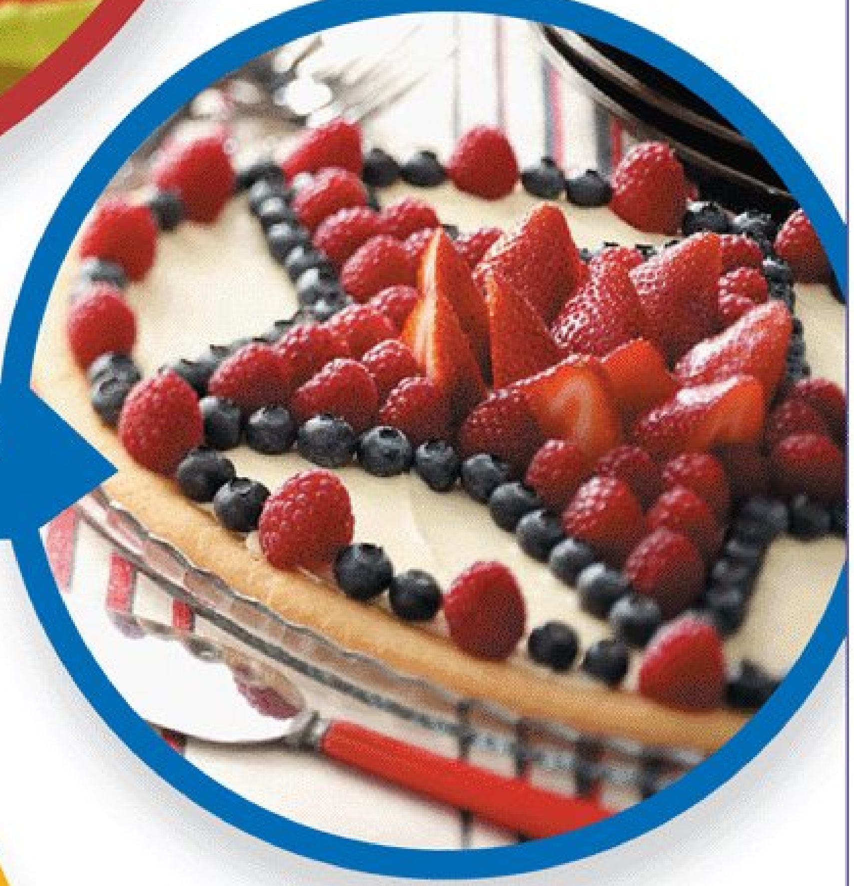
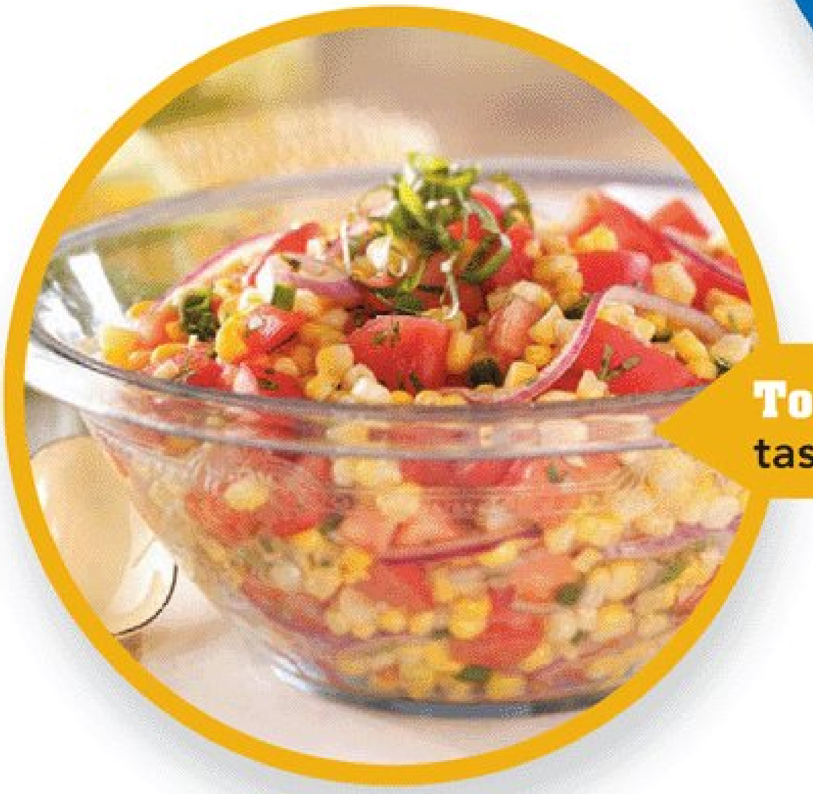
summer sizzle

Savor the flavors of summer with mouth-watering recipes from **tasteofhome.com.** From great grilling recipes to scrumptious salads, add some sizzle to your summer get-togethers.

Barbecued Burgers
tasteofhome.com/fathersday



Star-Spangled Fruit Tart
tasteofhome.com/july4th



Tomato Corn Salad
tasteofhome.com/summerrecipes

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How to make ice cream without a machine

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Recipes and tips to make backyard barbecues sizzle

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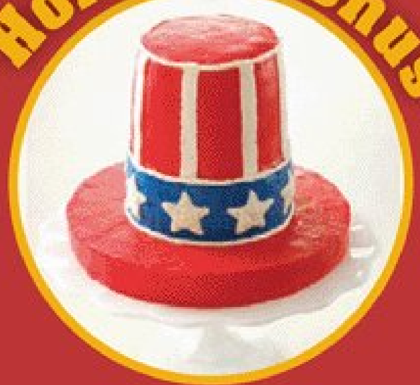
All you need to know to preserve your garden bounty

Holiday Bonus



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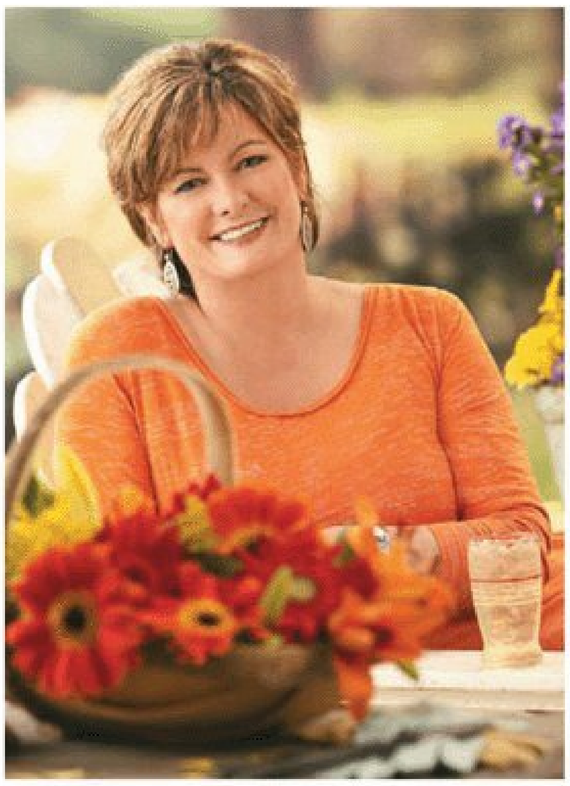
MOMENTS TO REMEMBER



Just a mention of the recipe features in this issue of *Taste of Home* brings to mind wonderfully vivid summertime food memories. Here's a few:

>> "Camp Cuisine," p. 60: countless Girl Scout outings (yep, I was in for the duration, all the way to Senior Scout), complete with campfire sing-alongs and ooey-gooey s'mores.

>> "Juicy Fruits," p. 70: picking ripe plums, peaches and nectarines from the trees in our backyard, and eating them on the spot, risking juice stains on our clothes.

>> "Can-tastic," p. 64: spreading toast with some of my mother's sweet, drippy jam, made from fresh-picked strawberries and apricots. Or my GaGa's famous Nine-Day Pickles, so named because that's how long they took to turn from crisp cucumber slices to sweet 'n' spicy bites of heaven.

>> "The Big Chill," p. 18: eating cones filled with the best vanilla ice cream I'd ever tasted, made by our neighbor in an old-fashioned wooden ice cream maker. We kids pooped out after turning the old crank just once.

>> "A Flavorful Fourth," p. 20: our vacation to Indian Lake in Ohio for a Cassidy family reunion and great picnic-table suppers all week long at my grandparents' shoreline cottage. We fished, swam and sang Carpenters' songs and 1970s-era TV commercial jingles at the top of our lungs and drove our parents nuts.

Anyway, you get the idea. This issue is a veritable parade of classic summer foods, the kind good times are made of, and you'll no doubt be skipping down your own personal memory lane as you page through. Grilled favorites, Southwest specialties, main-dish and side salads galore, awesome desserts and, of course, the dozen delicious winners of our chicken contest. Basically, all you need to create the best summer meals and memories ever.

* * * * *

One of my fondest summer memories, though, was when my good friend Ardyth Cope joined us 5 years ago as Creative Director of *Taste of Home*. With her amazing talent and through her unassuming leadership, Ardyth infused our books and magazines with excitement and freshness, and she touched all here with her quiet and caring manner, her often irreverent sense of humor and her desire always to "get it right." Despite a truly courageous fight, she lost her long battle with cancer in March, but her vision lives on in every photo we shoot and every page we create.

Ardyth especially loved summer and all the foods that go with it: hot dogs, watermelon, ice cream, cantaloupe. But fresh corn on the cob was her favorite. So it seems especially fitting to dedicate our summer issue—complete with a terrific sweet corn recipe—to her memory.

Ardyth, this one's for you. Thanks for the beautiful memories.

Catherine

Catherine Cassidy
Editor in Chief

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taste of home
fieldeditor

IN THE SPOTLIGHT

Taste of Home's enthusiastic team of volunteer editors from across the U.S. and Canada share recipes, cooking tips and more with our staff and on-line community

Shelby Bratt
FINDLAY, OH

You love to entertain, so what makes a successful party?

I am a hostess at heart. When I host a dinner or party, my goal is to have a huge variety of food that people will talk about months later. If I plan to serve cheese, bread, vegetables, etc., I set out several kinds of each so everyone has at least one thing they can enjoy. I'll know all their favorites by looking at the empty dishes and can stock up on those foods for the next party.

Shelby and her husband, Brian, are teachers. They enjoy going to Toledo Mudhens baseball games and participating in church activities.

Peggie Brott
FORT DRUM, NY

Do your children enjoy helping in the kitchen?

Yes. About once a month, I let them go through cookbooks and plan a meal. It teaches them cooperation and how to compromise. They do most of the work and feel so proud when they sit down and eat their creations. My youngest is my constant companion in the kitchen; we work on counting, measuring, sorting and reading. He's just having fun and doesn't realize how much he's learning.

Peggie is a stay-at-home mom. Husband Andrew is in the U.S. Army. They have three children, Louisa, 12; Andrew Jr., 8; and Hunter, 4.

Tonya Jones
BRENHAM, TX

What's your specialty?

I bake all kinds of cookies, including a giant cookie cake for birthdays. I've been making my kids' birthday cakes for more than 25 years. I did a pirate cake for my nephew, using brown sugar for sand and little Lego pirates, and a Hawaiian cake with lots of flowers for my niece. I usually get a picture from a coloring book or the Web to work from.

Tonya is a stay-at-home mom who home-schools her youngest daughter, Jaymee. She and her husband, Wayne, an offshore supervisor for ExxonMobil, also have two grown children and two grandchildren.

Leann Meeds
KLAMATH FALLS, OR

Your family likes to camp. What do you usually cook?

I enjoy pouch cooking, where the ingredients are placed in foil, sealed and cooked in the fire. The formula is simple: one protein (fish, chicken), one starch (ramen noodles, rice), vegetables (carrots, mushrooms, onions), seasoning (salt, pepper) and a little liquid (soy sauce, white wine). Mix and match. Place in hot coals, for about 15-20 minutes.

Leann is a high school librarian, and a 4-H food and nutrition leader and judge. She and husband Jim, a service manager, have three children, Andy, 23; Katie, 20; and Jeffrey 13.

Julie Sterchi
JACKSON, MO

Have you been recognized in public as a field editor?

When we lived in Harrisburg, IL, there was a neighborhood market near our house. The first time I paid for my purchases with a check, the cashier did a double take when she saw my name. "Hey, we've got a celebrity here!" she announced to the entire store. "I saw in *Taste of Home* that a field editor had moved to town, and here she is—and she lives just down the block!"

Julie is a paralegal. Husband Edd is a minister. The couple has three children, Bethany, 22; Brittany, 19; and Ben, 17. Church activities keep Julie and Edd busy.

JOIN OUR TEAM! ›› Love to cook? Love *Taste of Home*? You might be interested in becoming one of our volunteer Field Editors. If you would like to be considered, please fill out the short application form at **www.tasteofhome.com/apply**

www.WorldMags.net & www.Journal-Plaza.net

DEAR JANE...

Have you ever had difficulty peeling eggs? I certainly have! I've followed "advice" from friends, and that didn't seem to work, so I finally decided to look in my *Taste of Home Cookbook* and follow the method it suggested. To my surprise, I discovered there are actual steps you should follow to make the process work. From the six eggs I peeled, five were beautiful and one was nearly perfect.

So if you're frustrated with the look of your hard-cooked eggs, check out this foolproof technique at **tasteofhome.com/peel**. Your blood pressure will thank you for it! I will now be the first to volunteer to make deviled eggs for summer parties!

KING CAKE A TRIUMPH

Reader Connie Richardson loved the Traditional New Orleans King Cake in our February/March issue. "It was to die for," she wrote. Connie runs a small restaurant that serves a Fat Sunday Cajun Buffet every year. The buffet always includes a King Cake, and she found this recipe easy and delicious.

I'd love to hear from you, too. Drop me a line at **DearJane@tasteofhome.com**

Jane Stasik, Editorial Assistant

LOVE LETTER!

Each issue, one lucky reader will receive a TOH apron for sending in our favorite "love" letter of the month. Allison, your apron is on its way!

COOKING A MEAL BECAME A "HIT"

My sister, Abigail (age 14), and I (age 17) love to bake and cook, so we were ecstatic when Mom subscribed to *Taste of Home*. We now had a reason to try new dishes instead of our old standbys.

Last fall, Abigail suggested that she and I take turns making a meal once a week. We named these weekly cooking sessions "Homemakers in Training"—or HIT night—since it would prepare us to cook for our families one day. Abigail prepared our first HIT dish, Chicken with Rosemary Butter Sauce from August/September '09. Since then, we have tried a number of other *Taste of Home* recipes.

Thanks to everyone at *Taste of Home* for publishing this wonderful magazine. It's a HIT at our house!

—Allison Sobanski // STEVENSVILLE, MI

WITH APPRECIATION

We want to thank you for the wonderful article you had in the April/May issue with our son Justin's recipe (p. 43). What a pleasant surprise to see such a big article and photo. We had friends and family just waiting for it to hit the stores. We're sure Justin will be even more motivated to continue creating recipes and cooking—and that is always a good thing.

—Beth & Justin Rippel
COLGATE, WI

HAD TO RENEW

With so many cooking shows on television, computer access to your recipes and thousands of cookbooks available, I had decided to drop my subscription to *Taste of Home* magazine. I was a charter member and have kept up my subscription all these years. But after a month relapse, I just had to send in my payment for another year. I was not a fan of advertising in the magazines but understood the reasoning behind that decision.

My February/March edition came, and it was outstanding. The ground beef section, soups and Fat Tuesday recipes were excellent. I think I found something on about every page. Even the advertisers had some great recipes.

I am so glad I joined up again. I just cannot do without my *Taste of Home* fix. Thank you for an excellent magazine.

—Ramona Allen // SEDALIA, MO

KEEPS ON COOKIN'

Although my children are all grown, I still love to cook. On Tuesdays and Fridays, I conduct a cooking marathon in my small kitchen. I experiment with the recipes in the latest *Taste of Home* magazine and my *Taste of Home* cookbooks. And on Sundays, I cook up the "most special" of the latest recipes.

I love reading the magazines from cover to cover and searching for the Hide & Seek item. I also thoroughly enjoy the brochures and catalogs I receive several times a year.

Thanks for such wonderful magazines and cookbooks. My family loves them, too.

—Tommie Smith
LAKE CHARLES, LA

GRANDMA'S LITTLE BAKERS

Cousins Chloe Finlayson, 2, and Michael Finlayson, 2-1/2 (shown above), enjoyed baking the Kids' Favorite Blueberry Muffins from the April/May issue. Chloe was so excited, she started to put the batter into the muffin cups without the blueberries. Michael got to crack the eggs, and they both enjoyed the results.

—Grandma Nancy Finlayson
CLARENCE, NY

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mixing bowl

SOUND BITE

"I think pickles are cucumbers that sold out. They sold their soul to the devil, and the devil is dill."

—MITCH HEDBERG // COMEDIAN

GIMME 5

IN A PICKLE

Don't you love the crisp, crunchy flavor of pickles, served on the side or on a sandwich, chopped up in a salad—or maybe some other tasty way? Several TOH staffers enjoy pickles in some unconventional ways. And no, none of them were having crazy pregnancy cravings when they shared these signature dishes.

A traditional, gooey cheese pizza topped with crunchy dill pickle spears cut into chunks, then baked. "Salty, crunchy and to die for!"

–**Cheri Mantz**
ASSOCIATE EDITOR

Wrap a dill pickle spear with Swiss cheese smothered in mayo.

–**Sandy Ploy**
SR. ART DIRECTOR

Stuffed pickles: Make a pocket in small dill pickles and stuff with a mix of cream cheese, jalapenos, cilantro and pimientos.

–**Diane Werner**
FOOD DIRECTOR

A crusty rye dinner roll, with caraway and rock salt on top, stuffed with a slice of liver sausage, red raspberry jam and sliced kosher pickles. "I ate this all the time while working at a deli during college."

–**Pat Schmeling**
FOOD EDITOR

Thick-sliced deli ham, spread with whipped plain cream cheese, wrapped around a large whole pickle and cut into 1-inch slices.

–**Jane Stasik**
EDITORIAL ASSISTANT

MORE!

Get more great recipes that use pickles in many more ways at **tasteofhome.com/pickles**

OUCH!

REALLY A-PEELING

After coming home one day, I fussed at my husband (who doesn't have a domestic bone in his body) for leaving peelings in the sink after fixing carrots for a snack. While cleaning up the sink, I noticed my electric hand mixer on the counter. "Why is the beater here?" I asked my husband. "Isn't that one of those vegetable peelers?" he said. He had cleaned his carrots with the beater thinking he'd mastered the use of a kitchen utensil.

—**Debra Baird**
SIMPSONVILLE, SC

www.WorldMags.net & www.Journal-Plaza.net

mixing bowl

GREAT FIND

South Berwick Strawberry Festival

SOUTH BERWICK, ME

BERRY HEAVEN

» In 2009, the fest went green, using biodegradable bowls, plates and spoons.

» On the Friday before the fest, hundreds of volunteers gather to hull, slice and sugar the berries.

» The fest serves up, on average, 4,000 pounds of strawberries.

» The whole town gets into the strawberry mood, which is evident from the strawberry flags lining Main Street and adorning many homes and businesses.

MORE!

To learn more about the fest, visit **southberwick strawberry festival.com**. Get your strawberry fix with the festival's Strawberry Poppy Seed Cake at **tasteofhome.com/ strawberryfestival**

A BOUNTY OF BERRIES

If you love strawberries, there's no better place to be the last Saturday of June than the South Berwick Strawberry Festival in South Berwick, ME. TOH Field Editor Pam Brooks, who lives in South Berwick, says the festival has been a must-see since it began in 1975.

Aside from the thousands of pounds of strawberries consumed (mostly as part of the festival's signature strawberry shortcake), there are many fund-raisers during the fest that benefit the community. Since the beginning, more than $175,000 has been given back to nonprofit community groups and used for scholarships. That's a lot of strawberries!

CALLING ALL SUCCESS STORIES

We want to hear about your cooking triumphs. Did you finally get your kids to eat something healthy? Did you single-handedly cater dinner for 100? Maybe you finally got that souffle to rise.

Send your story to **editors@tasteofhome.com** and put "Triumph" in the subject line. We'll award one success story each issue with a *Taste of Home* chef's hat, handmade by TOH Field Editor Virginia Watson of Missouri.

MORE SUMMER FOOD FESTS

SAVOR IDAHO

June 13 // Boise, ID

Think Idaho only knows potatoes? Think again! This is a premier wine and food festival, organized by the Idaho Grape Growers and Wine Producers Commission.

savoridaho.org

NYC FOOD FILM FESTIVAL

June 23-27 // New York City, NY

This multisensory event lets the film selection inspire the evening's menu. Awards include Food Filmmaker of the Year.

nycfoodfilmfestival.com

Join Us!

TASTE OF CHICAGO

June 25-July 4 // Chicago, IL

Listen to great music and enjoy food from over 70 restaurants while strolling along Lake Michigan. *Taste of Home* will be there, too. See us live at Dominick's Cooking Center on June 30 from 3-5 pm.

explorechicago.org

GILROY GARLIC FESTIVAL

July 23-25, // Gilroy, CA

A true pilgrimage for garlic lovers, the 32nd annual fest features tastings and a huge garlic cook-off.

gilroygarlicfestival.com

NATIONAL BABY FOOD FESTIVAL

July 21-24 // Fremont, MI

Set in the hometown of Gerber, this event celebrates all things baby with a crawling contest and a cook-off that awards the best recipe using baby food.

nbff.org

www.WorldMags.net & www.Journal-Plaza.net

ENTER OUR HIDE & SEEK CONTEST

Find the ice cream cone in this issue, and you could win a $50 gift certificate to Shop Taste of Home.

Go to **tasteofhome.com** to enter; 100 winners will be drawn from the correct entries. Or mail a postcard with the page number and your name, address and phone number to Hide & Seek, *Taste of Home*, 5400 S. 60th St., Greendale, WI 53129. Winners are drawn at random.

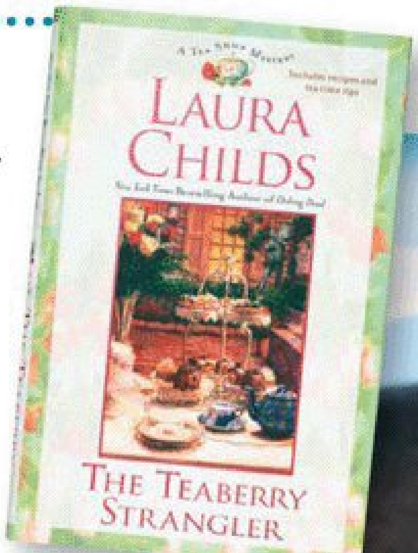
THE BACON WAS HIDDEN ON PAGE 40 IN OUR APRIL/MAY 2010 ISSUE.

SNACK ATTACK

58%

the number of evening snackers who prefer **popcorn**, followed by ice cream, crackers and cookies.

ONE FOR THE BOOKS



Looking for something light yet intriguing to read poolside? Pick up Laura Childs' *The Teaberry Strangler*. Part of her best-selling Tea Shop Mystery series, this latest installment finds tea shop owner Theodosia Browning seeking justice for a friend after a candlelight tour ends in murder. In addition to suspense, you'll discover recipes for scones, tea sandwiches and rose water tea. A must have for tea-loving detectives everywhere. $25; at most booksellers.

SUMMER SIPPER

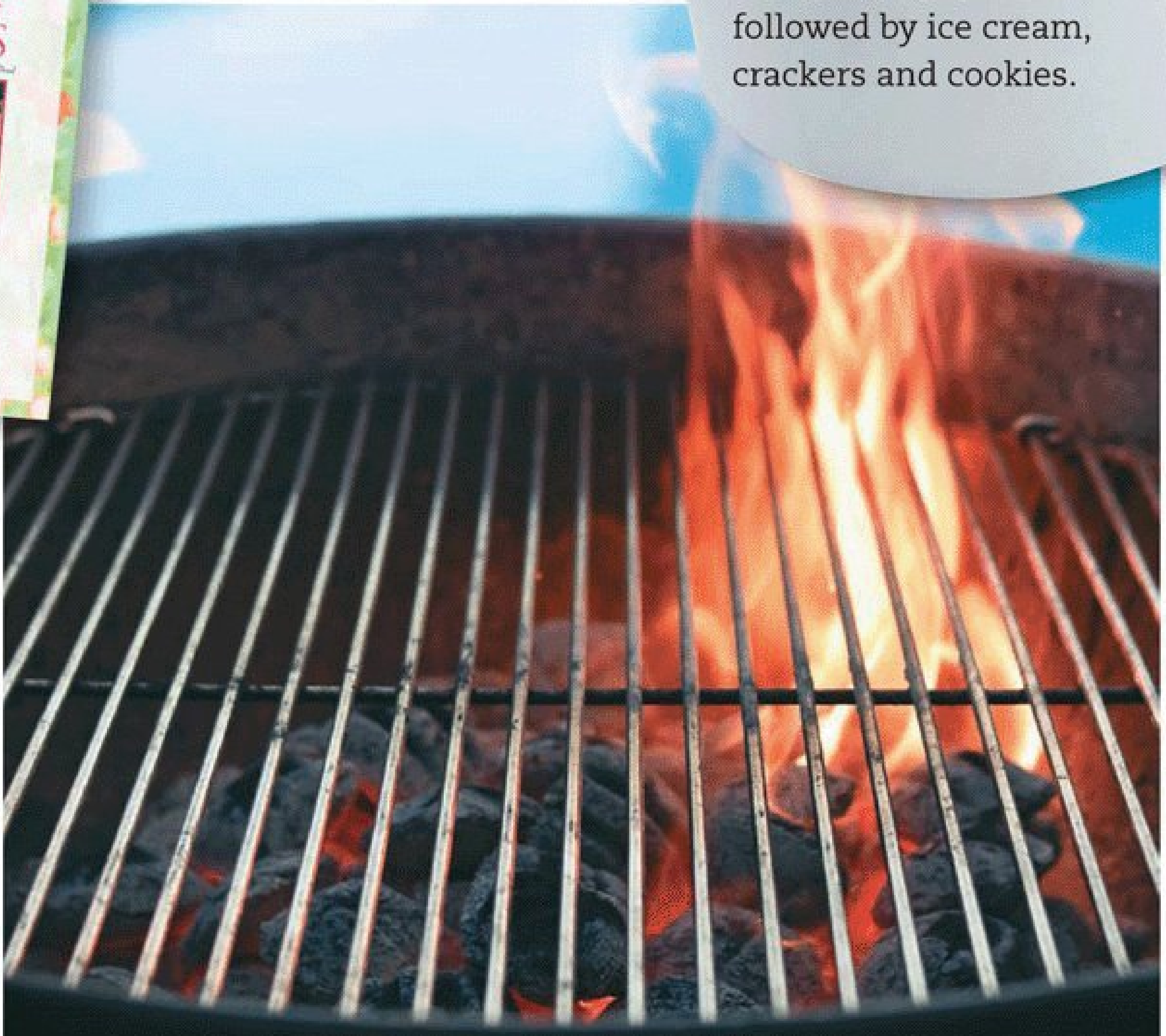
While you're soaking up the rays, clutching a good book, wet your whistle with a refreshing glass of herb-infused iced tea. Steep two regular tea bags in hot water with your choice of fresh herbs. Try basil, rosemary, thyme or mint to taste. Pour over ice and add a twist of lemon.

SMALL MORSELS

GOOD QUESTION!

As I placed a tuna casserole on the table in front of our family and dinner guests, my youngest son asked, "What's that?" I said it was tuna casserole and that he had eaten it before. "Did I like it?" he replied.

—Deb Darr // FALLS CITY, OR



SURVEY SAYS...

When firing up the grill, here are the top things our Facebook fans love to throw down over the coals:

- Chicken
- Fish
- Burgers
- Steak
- Veggies

facebook

Join in the fun and become a TOH fan on Facebook at **facebook.com/tasteofhome**

STUFF WE LOVE

Picture it: Your dinner is sizzling on the grill and all of a sudden, it's not. You ran out of propane! The **GasWatch** can prevent this grilling faux pas. The handy gauge tells you how much gas is left in the tank and lets out a low-level alarm when you're running on fumes. It also has a leak detector. Never be caught with half-grilled burgers again. **$19**; available at **amazon.com**

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For moderate to severe RA

I HAVE RHEUMATOID ARTHRITIS.

Your results may vary. In medical studies, ENBREL was shown to be effective in about 2 out of 3 adults with moderate to severe rheumatoid arthritis (RA) who used it, and has been shown to begin working in as few as 2 weeks, with most patients receiving benefit within 3 months. In an RA medical study, 55% of patients had no progression of joint damage.

Please see Important Safety Information below and Medication Guide on the back of the following page.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with moderate to severe rheumatoid arthritis. ENBREL can be taken with methotrexate or used alone.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ENBREL?

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before you take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers reported in children and teenage patients who started using TNF blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA and psoriasis may be more likely to get lymphoma.

Before starting ENBREL, tell your doctor if you:

- Have any existing medical conditions
- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should not start taking ENBREL if you have any kind of infection, unless your doctor says it is okay
- Have any open cuts or sores
- Have diabetes or an immune system problem
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure
- Live or have lived in certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis. These infections may develop or become more severe if you take ENBREL. If you don't know if histoplasmosis or other fungal infections are common in the areas where you live or have lived, ask your doctor
- Have or have had hepatitis B
- Have heart failure

www.enbrel.com

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I ALSO HAVE A LIFE.

If you suffer from moderate to severe RA, it can seem as though your life has been split in two. ENBREL can help bridge the gap.

ENBREL can reduce the pain, stiffness, and fatigue that's stopping you. It can also help keep joint damage from getting worse. ENBREL is given by injection. ENBREL was the first medicine of its kind approved for moderate to severe RA and is the number-one most prescribed biologic by rheumatologists for RA.* So you can experience another side of RA, and get closer to the life you want to live.

Ask your rheumatologist about ENBREL today. To learn about RA, ENBREL, and patient support call: 1-888-4ENBREL and visit www.enbrel.com.

*Based on monthly prescription data from IMS NPA for September 2009 and a 6-month interval of NDTI data for projected drug uses as of August 2009 for biologic agents approved for moderate to severe RA.

- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret® (anakinra), Orencia® (abatacept), or Cytoxan® (cyclophosphamide)
- Have or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis
- Are scheduled to have surgery
- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.
- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant, or breastfeeding
- Have been around someone with chicken pox

What are the possible side effects of ENBREL?

ENBREL can cause serious side effects including: **Infections,** including serious infections like TB**;** **hepatitis B** can become active if you already have had it**; nervous system problems,** such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening heart failure; new or worsening **psoriasis**; **allergic reactions**; **autoimmune reactions**, including a lupus-like syndrome and autoimmune hepatitis.

Common side effects include: Injection site reactions, upper respiratory infections (sinus infections), and headache.

These are not all the side effects with ENBREL. Tell your doctor about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Medication Guide on the next page.

Enbrel® etanercept

Get closer to the life you want to live

www.WorldMags.net & www.Journal-Plaza.net

Medication Guide ENBREL® (en-brel) (etanercept)

Read the Medication Guide that comes with ENBREL® before you start using it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using ENBREL®.

ENBREL® is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

What is the most important information I should know about ENBREL®?

ENBREL may cause serious side effects, including:

1. <u>Risk of infection</u>

ENBREL® can lower the ability of your immune system to fight infections. Some people have serious infections while taking ENBREL®. These infections include tuberculosis (TB), and infections caused by viruses, fungi or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting ENBREL®.
- Your doctor should monitor you closely for symptoms of TB during treatment with ENBREL® even if you tested negative for TB.
- Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with ENBREL®.

You should not start taking ENBREL® if you have any kind of infection unless your doctor says it is okay.

2. <u>Risk of cancer</u>

- There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- For children, teenagers, and adults taking TNF-blocker medicines, including ENBREL, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

Before starting ENBREL®, be sure to talk to your doctor:

ENBREL® may not be right for you. Before starting ENBREL®, tell your doctor about all of your medical conditions, including:

<u>Infections – tell your doctor if you:</u>

- have an infection. (See **"What is the most important information I should know about ENBREL®?"**)
- are being treated for an infection
- think you have an infection
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phlegm, weight loss, muscle aches, warm, red, or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinate more often than normal, and feel very tired.
- have any open cuts on your body
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.
- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use ENBREL®. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B

<u>Also, BEFORE starting ENBREL®, tell your doctor:</u>

- **About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:**
  - ✓ **Orencia® (abatacept) or Kineret® (anakinra)**. You have a higher chance for serious infections when taking ENBREL® with Orencia® or Kineret®.
  - ✓ **Cyclophosphamide (Cytoxan®).** You may have a higher chance for getting certain cancers when taking ENBREL® with cyclophosphamide.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

<u>Other important medical information you should tell your doctor BEFORE starting ENBREL®, including if you:</u>

- have or had a nervous system problem such as multiple sclerosis
- have or had heart failure
- are scheduled to have surgery
- have recently received or are scheduled to receive a vaccine
  - ✓ all vaccines should be brought up-to-date before starting ENBREL®
  - ✓ people taking ENBREL® should not receive live vaccines
  - ✓ ask your doctor if you are not sure if you received a live vaccine
- are allergic to rubber or latex
  - ✓ the needle covers on the single-use prefilled syringes and the single-use prefilled SureClick® autoinjectors contains dry natural rubber
- have been around someone with varicella zoster (chicken pox)
- are pregnant or plan to become pregnant. It is not known if ENBREL® will harm your unborn baby.
  - ✓ **Pregnancy Registry:** Amgen has a registry for pregnant women who take ENBREL®. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.
- are breast feeding or plan to breast feed. It is not known if ENBREL® passes into your breast milk. You and your doctor should decide if you will take ENBREL® or breast feed. You should not do both.

See the section "What are the possible side effects of ENBREL®?" below for more information.

What is ENBREL®?

ENBREL® is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

ENBREL® is used to treat:

- **moderately to severely active rheumatoid arthritis (RA).** ENBREL® can be used alone or with a medicine called methotrexate.
- **psoriatic arthritis.** ENBREL® can be used alone or with methotrexate.
- **ankylosing spondylitis (AS)**
- **chronic, moderate to severe plaque psoriasis in adults ages 18 years and older**
- **moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.**

You may continue to use other medicines that help treat your condition while taking ENBREL®, such as non-steroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

ENBREL® can help reduce joint damage, and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. ENBREL® can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See **"What is the most important information I should know about ENBREL®?" and "What are the possible side effects of ENBREL®?"**

Who should not use ENBREL®?

Do not use ENBREL® if you:

- have an infection that has spread through your body (sepsis)
- have ever had an allergic reaction to ENBREL®. See the end of this Medication Guide for a complete list of ingredients in ENBREL®.

How should I use ENBREL®?

- ENBREL® is given as an injection under the skin (subcutaneous or SC).
- If your doctor decides that you or a caregiver can give the injections of ENBREL® at home, you or your caregiver should receive training on the right way to prepare and inject ENBREL®. Do not try to inject ENBREL® until you have been shown the right way by your doctor or nurse.
- ENBREL® is available in the forms listed below. Your doctor will prescribe the type that is best for you.
  - Single-use Prefilled Syringe
  - Single-use Prefilled SureClick Autoinjector
  - Multiple-use Vial
- See the detailed "Patient Instructions for Use" with this Medication Guide for instructions about the right way to prepare and give your ENBREL® injections at home.
- Your doctor will tell you how often you should use ENBREL®. Do not miss any doses of ENBREL®. If you forget to use ENBREL®, inject your dose as soon as you remember. Then, take your next dose at your regular(ly) scheduled time. In case you are not sure when to inject ENBREL®, call your doctor or pharmacist. **Do not use ENBREL® more often than as directed by your doctor.**
- Your child's dose of ENBREL® depends on his or her weight. Your child's doctor will tell you which form of ENBREL® to use and how much to give your child.

What are the possible side effects of ENBREL®?

ENBREL® can cause serious side effects, including:

See "What is the most important information I should know about ENBREL® ?"

- **Infections.** ENBREL® can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See **"Before starting ENBREL®, be sure to talk to your doctor"** for a list of symptoms of infection.
- **Hepatitis B infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use ENBREL®. Your doctor may do a blood test before you start treatment with ENBREL® and while you use ENBREL®.
- **Nervous system problems.** Rarely, people who use TNF blocker medicines have developed nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Tell your doctor right away if you get any of these symptoms: numbness or tingling in any part of your body, vision changes, weakness in your arms and legs, and dizziness.
- **Blood problems.** Low blood counts have been seen with other TNF blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.
- **Heart failure** including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNF blocker medicines, like ENBREL®. If you have heart failure your condition should be watched closely while you take ENBREL®. Call your doctor right away if you get new or worsening symptoms of heart failure while taking ENBREL® such as shortness of breath or swelling of your lower legs or feet.
- **Psoriasis.** Some people using ENBREL® developed new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps which may be filled with pus . Your doctor may decide to stop your treatment with ENBREL®.
- **Allergic reactions.** Allergic reactions can happen to people who use TNF blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.
- **Autoimmune reactions, including:**
  - ✓ Lupus-like syndrome. Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using ENBREL®.
  - ✓ Autoimmune hepatitis. Liver problems can happen in people who use TNF blocker medicines, including ENBREL®. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomiting, pain on the right side of your stomach (abdomen).

Common side effects of ENBREL® include:

- **Injection site reactions** such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days. If you have pain, redness or swelling around the injection site that doesn't go away or gets worse, call your doctor.
- **Upper respiratory infections** (sinus infections)
- **Headache**

These are not all the side effects with ENBREL®. Tell your doctor about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store ENBREL®?

- Store ENBREL® in the refrigerator at 36° to 46°F (2° to 8°C).
- **Do not freeze.**
- **Do not shake.**
- Keep ENBREL® in the original carton to protect from light.
- **Keep ENBREL® and all medicines out of the reach of children.**

General Information about ENBREL®

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use ENBREL® for a condition for which it was not prescribed. Do not give ENBREL® to other people, even if they have the same condition. It may harm them.

This Medication Guide summarizes the most important information about ENBREL®. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about ENBREL® that was written for healthcare professionals. For more information call 1-888-4ENBREL (1-888-436-2735).

What are the ingredients in ENBREL®?

Single-use Prefilled Syringe and the Single-use Prefilled SureClick Autoinjector:

Active Ingredient: etanercept

Inactive Ingredients: sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

Multiple-use Vial:

Active Ingredient: etanercept

Inactive Ingredients: mannitol, sucrose, tromethamine.

1XXXXXX-v3
Issue Date: 11/2009

This Medication Guide has been approved by the U.S. Food and Drug Administration.

AMGEN® **Manufactured by Immunex Corporation Thousand Oaks, CA 91320**

Pfizer **Marketed by Amgen Inc. and Pfizer Inc.**

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OPEN HOUSE

BRIGHT IDEAS FOR WELCOMING FRIENDS & FAMILY INTO YOUR HOME

COOL IT!

It's never too hot to party when ice cream is involved. So instead of your usual burger bash, throw an ice cream-tasting party for some yummy fun that beats the heat

These entertaining tips will make your party the coolest thing on the block:

» Stock a buffet table with tiny plastic spoons, small ice cream cups, cute paper napkins and several flavors of homemade ice cream. Better yet, serve up a variety of icy treats, such as gelato, sherbet and sorbet (see page 18 for recipes).

» Set up an area where guests can use their favorite flavors to fill a cone or make a sundae. Include pretty parfait or sundae dishes, waffle bowls and cones, sugar cones, sprinkles, syrups, nuts, crushed cookies, coconut, whipped cream or other fun toppings.

» Have plenty of beverages on hand. Stock a cooler, large buckets or a wading pool with ice and bottled water, iced tea, iced coffee or other thirst-quenchers.

» For added fun, make scorecards and let guests vote for their favorite flavors. After tallying the votes, put all the scorecards in a basket and draw a few for inexpensive door prizes (ice cream scoops, jars of sprinkles, gift certificate to an ice cream shop, etc.).

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THE BIG CHILL

Invite the gang over for some ice-cold fun with homemade treats from your ice cream maker

FROM TOP TO BOTTOM: STRAWBERRY-RHUBARB ICE CREAM, CANTALOUPE SORBET, BLACK CHERRY SHERBET

strawberry-rhubarb ice cream

"I made this for my daughter's birthday party, and guests declared it the best ice cream they'd ever tasted."

Mary Ann Hansen
ST. CLOUD, MN

PREP: 45 MIN. + COOLING
PROCESS: 20 MIN. + FREEZING
YIELD: 5 CUPS

- **2 cups diced fresh or frozen rhubarb, thawed**
- **1-1/4 cups sugar, divided**
- **1/2 cup water**
- **2 Tbsp. strawberry gelatin powder**
- **1/2 tsp. ground cinnamon**
- **1/2 cup miniature marshmallows**
- **1 cup whole milk**
- **1/4 tsp. salt**
- **2 cups heavy whipping cream**
- **1 tsp. vanilla extract**

In a small saucepan, bring the rhubarb, 1/2 cup sugar and water to a boil. Reduce heat; cover and simmer for 10-12 minutes or until rhubarb is tender. Remove from the heat; sprinkle gelatin and cinnamon over rhubarb mixture. Let stand for 1 minute. Stir until dissolved. Cool to room temperature. Stir in marshmallows.

In a large saucepan, heat the milk, salt and remaining sugar to 175°. Remove from heat; stir in cream and vanilla. Refrigerate until chilled. Stir in rhubarb mixture; proceed as directed below right.

EDITOR'S NOTE: If using frozen rhubarb, measure rhubarb while still frozen, then thaw completely. Drain in a colander, but do not press liquid out.

cantaloupe sorbet

"I made this sorbet as a refreshing summer dessert after a hearty meal. Everyone loved it as a palate-cleansing finale to a great evening."

Gena Persons // SEVERN, MD

PREP: 10 MIN. + CHILLING
PROCESS: 20 MIN. + FREEZING
YIELD: 1 QT.

- **1 cup sugar**
- **1 cup water**
- **4 cups cubed cantaloupe**
- **2 Tbsp. lemon juice**

In a small saucepan, bring sugar and water to a boil. Cook and stir until sugar is dissolved. Transfer to a small bowl; refrigerate until chilled.

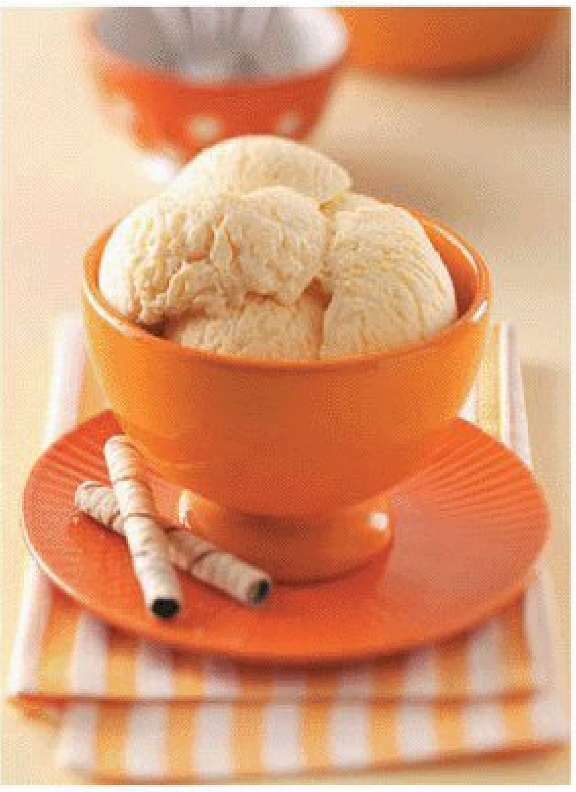
Place the cantaloupe, lemon juice and sugar syrup in a food processor; cover and process for 2-3 minutes or until blended. Proceed as directed at right.

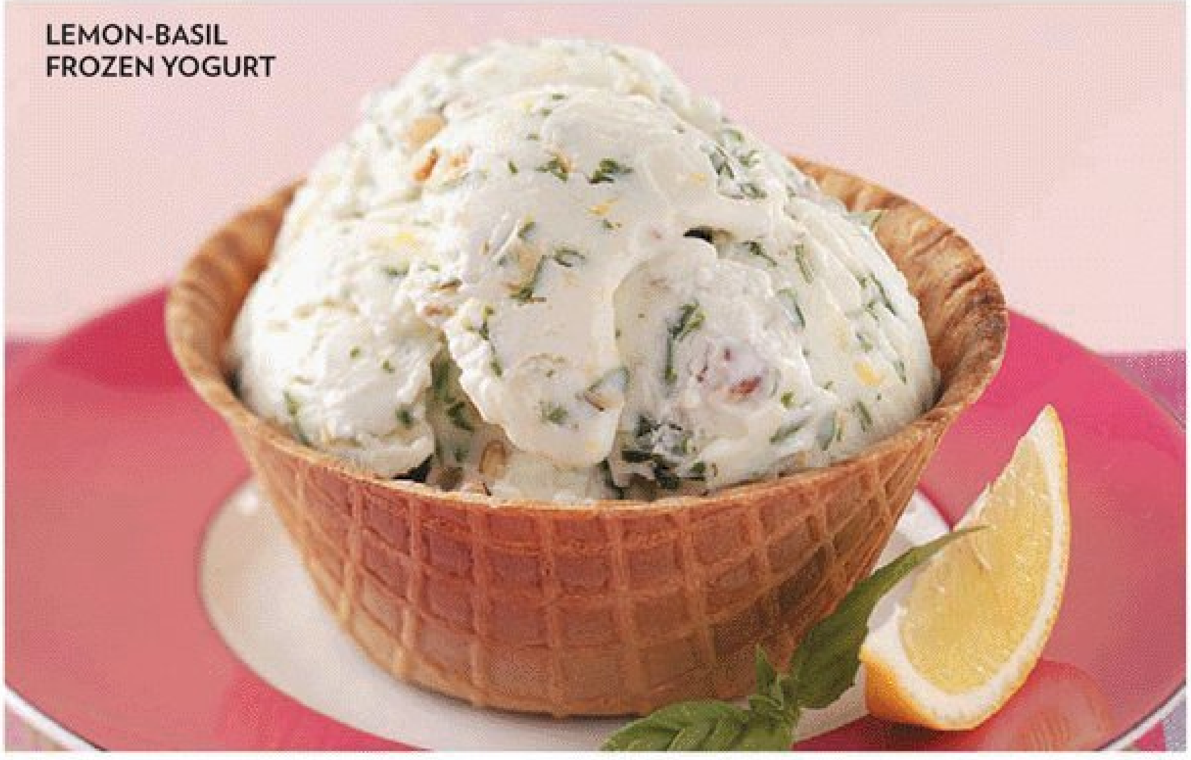
Nutrition Facts: 1/2 cup equals 126 calories, trace fat (trace saturated fat), 0 cholesterol, 7 mg sodium, 32 g carbohydrate, 1 g fiber, 1 g protein. **Diabetic Exchange:** 2 starch.

DID YOU KNOW?

National Ice Cream Day is the third Sunday in July (which is National Ice Cream Month).

www.WorldMags.net & www.Journal-Plaza.net





TEST KITCHEN TIP

Lightly coat your ice cream scoop with cooking spray so the ice cream will slide off easily.

peach gelato

This heavenly gelato looks as good as it tastes. Its delightful peach flavor will be a hit with everyone.

Molly Haen // BALDWIN, WI

PREP: 25 MIN. + CHILLING
PROCESS: 20 MIN. + FREEZING
YIELD: 1 QT.

3 cups sliced peeled peaches

2 cups whole milk

3/4 cup sugar

4 egg yolks, beaten

1 cup heavy whipping cream

1 Tbsp. peach schnapps liqueur, optional

In a large skillet over medium heat, cook peaches in 2 Tbsp. water until tender. Place in a food processor; cover and process until blended. Set aside.

In a small saucepan, heat milk to 175°; stir in sugar until dissolved. Whisk a small amount of the hot mixture into egg yolks. Return all to the pan, whisking constantly. Cook and stir over low heat until mixture is slightly thickened. Remove from the heat. Cool quickly by placing pan in a bowl of ice water; stir for 2 minutes.

Stir in the cream, peaches and liqueur if desired. Press waxed paper onto surface of custard. Refrigerate for several hours or overnight. Proceed as directed at right.

black cherry sherbet

"When making this yummy recipe with the kids, I use caffeine-free soda—for obvious reasons!"

Emily Evans // ROSELLE, IL

PREP: 25 MIN. + CHILLING
PROCESS: 20 MIN./BATCH + FREEZING
YIELD: 2-1/2 QT.

4 cups fresh or frozen quartered pitted dark sweet cherries, thawed

1 cup sugar

2 liters black cherry soda, chilled

1 can (14 oz.) sweetened condensed milk

1 cup (6 oz.) miniature semisweet chocolate chips

In a large saucepan over medium heat, cook cherries and sugar for 15 minutes or until slightly thickened, stirring occasionally. Transfer to a large bowl; cool to room temperature. Refrigerate until chilled.

Stir in the soda, milk and chocolate chips. Proceed as directed below.

Nutrition Facts: 1/2 cup equals 213 calories, 5 g fat (3 g saturated fat), 7 mg cholesterol, 39 mg sodium, 43 g carbohydrate, 1 g fiber, 2 g protein.

lemon-basil frozen yogurt

The unique flavor of this creamy dessert will tickle your taste buds as it cools you down.

Bryan Kennedy
KANEOHE, HI

PREP: 20 MIN. + CHILLING
PROCESS: 20 MIN. + FREEZING
YIELD: 3 CUPS

6 cups (48 oz.) plain yogurt

1 cup fresh basil leaves, thinly sliced

1/2 cup sugar

1/2 cup chopped walnuts, toasted

4 tsp. grated lemon peel

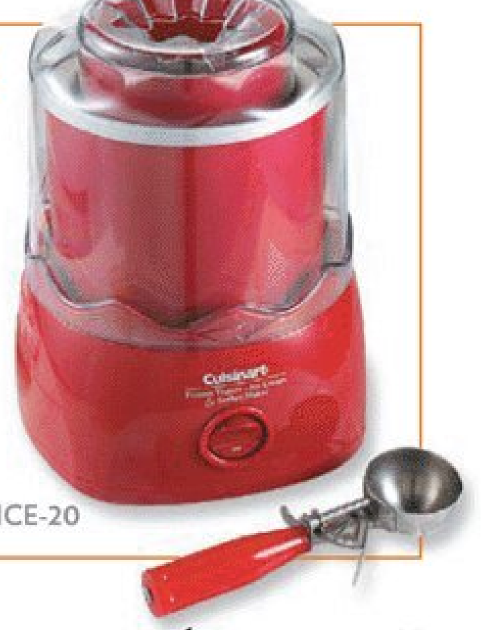
Line a strainer with four layers of cheesecloth or one coffee filter and place over a bowl. Place yogurt in prepared strainer; cover yogurt with edges of cheesecloth. Refrigerate for 8 hours or overnight. Discard liquid from bowl. Place yogurt in a large bowl; stir in the basil, sugar, walnuts and lemon peel. Proceed as directed below.

MORE!

To learn the difference between gelato and sorbet and other ice-cold treats, and how to make ice cream without the machine, visit **tasteofhome.com/icecreamtips**

INSTRUCTIONS FOR MAKING THESE RECIPES WITH AN ICE CREAM MACHINE

Fill the cylinder of your ice cream freezer no more than 2/3 full; freeze according to the manufacturer's directions. If working in batches, refrigerate remaining mixture until ready to freeze. Transfer the finished dessert into a freezer container; cover and freeze until firm. This will take 2-4 hours. For details on this Test Kitchen-approved ice cream maker, go to **cuisinart.com/products/ice_cream**



MODEL ICE-20

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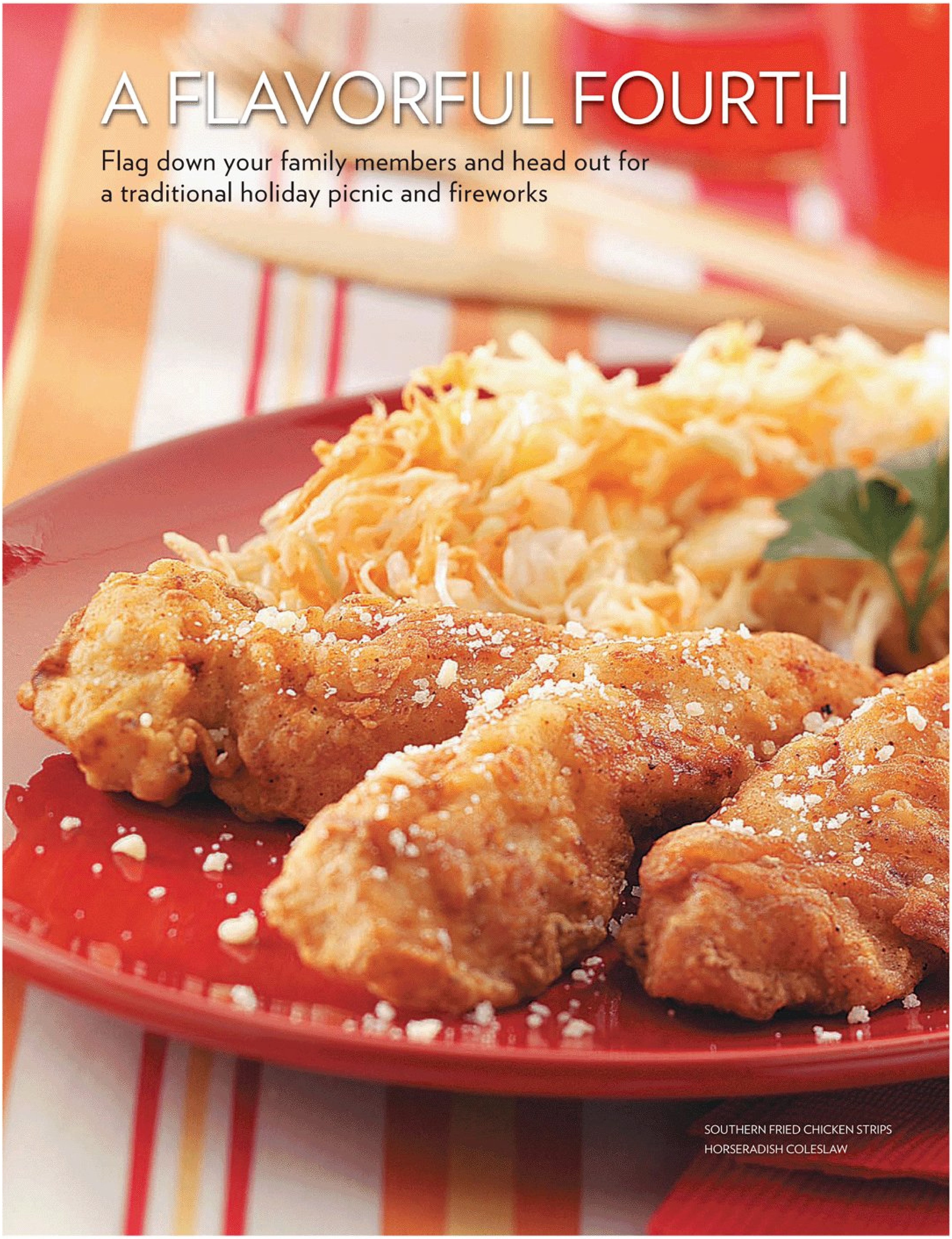

A FLAVORFUL FOURTH

Flag down your family members and head out for a traditional holiday picnic and fireworks

SOUTHERN FRIED CHICKEN STRIPS
HORSERADISH COLESLAW

www.WorldMags.net & www.Journal-Plaza.net

southern fried chicken strips

Your family will love these crowd-pleasing chicken strips. A hint of garlic makes them irresistible.

Genise Krause // STURGEON BAY, WI

PREP: 30 MIN. COOK: 5 MIN./BATCH
YIELD: 6 SERVINGS

- 1 egg
- 1/2 cup buttermilk
- 1 cup all-purpose flour
- 1-1/2 tsp. garlic powder
- 1-1/2 tsp. pepper
- 1/2 tsp. salt
- 1/2 tsp. paprika
- 2 lbs. chicken tenderloins
- Oil for deep-fat frying
- 2 Tbsp. grated Parmesan cheese

In a shallow bowl, whisk egg and buttermilk. In a separate shallow bowl, combine the flour, garlic powder, pepper, salt and paprika. Dip chicken in egg mixture, then flour mixture.

In an electric skillet, heat oil to 375°. Fry chicken, a few pieces at a time, for 2-3 minutes on each side or until no longer pink. Drain on paper towels. Sprinkle with cheese.

horseradish coleslaw

With prepackaged coleslaw mix, this dish whips up in a flash. "I hope you'll enjoy my creamy coleslaw as much as I do!"

Tina Smith // BURTCHVILLE, MI

PREP/TOTAL TIME: 15 MIN.
YIELD: 10 SERVINGS

- 8 cups coleslaw mix
- 2 cups shredded carrots
- 1 medium onion, finely chopped
- 3/4 cup mayonnaise
- 1/3 cup sugar
- 1 Tbsp. prepared horseradish
- 1 Tbsp. lemon juice

In a large bowl, combine the coleslaw mix, carrots and onion. In a small bowl, combine the mayonnaise, sugar, horseradish and lemon juice. Pour over coleslaw mixture and toss to coat.

tangy potato salad

"When summer arrives, my family starts thinking about potato salad. This tangy side is also great in the winter served hot with cubed ham."

taste of home fieldeditor Peggy Gwillim STRASBOURG, SK

PREP: 40 MIN. + CHILLING
YIELD: 13 SERVINGS (3/4 CUP EACH)

- 4 lbs. red potatoes, cubed
- 3 Tbsp. plus 2/3 cup white wine vinegar, divided
- 8 hard-cooked eggs, sliced
- 6 radishes, thinly sliced
- 1/2 cup minced chives
- 1 cup buttermilk
- 1/2 cup mayonnaise
- 2 Tbsp. prepared mustard
- 1 Tbsp. dried minced onion
- 1 Tbsp. dill weed
- 1/4 tsp. salt
- 1/4 tsp. pepper

Place potatoes in a Dutch oven; cover with water. Bring to a boil. Reduce heat; cover and cook for 10-15 minutes or until tender. Drain. Immediately sprinkle with 3 Tbsp. vinegar; cool.

Place potatoes in a large bowl. Add the eggs, radishes and chives. In a small bowl, combine the buttermilk, mayonnaise, mustard, onion, dill, salt, pepper and remaining vinegar. Pour over potato mixture and gently stir to coat. Refrigerate until chilled.

MORE!

Really light up your Independence Day with great recipes and party ideas at **tasteofhome.com/July4th**

PICNIC POINTERS

›› Store meat, eggs, poultry, cheese, milk, salads and any dishes that contain mayonnaise in coolers with ice or frozen gel packs.

›› Transport your cooler in an air-conditioned car, not in the trunk. At the picnic, keep it in the shade with the lid closed. Add more ice if needed.

›› Use a separate cooler for drinks so the one containing food won't be opened and closed continuously.

›› Always keep foods covered to prevent contamination by insects.

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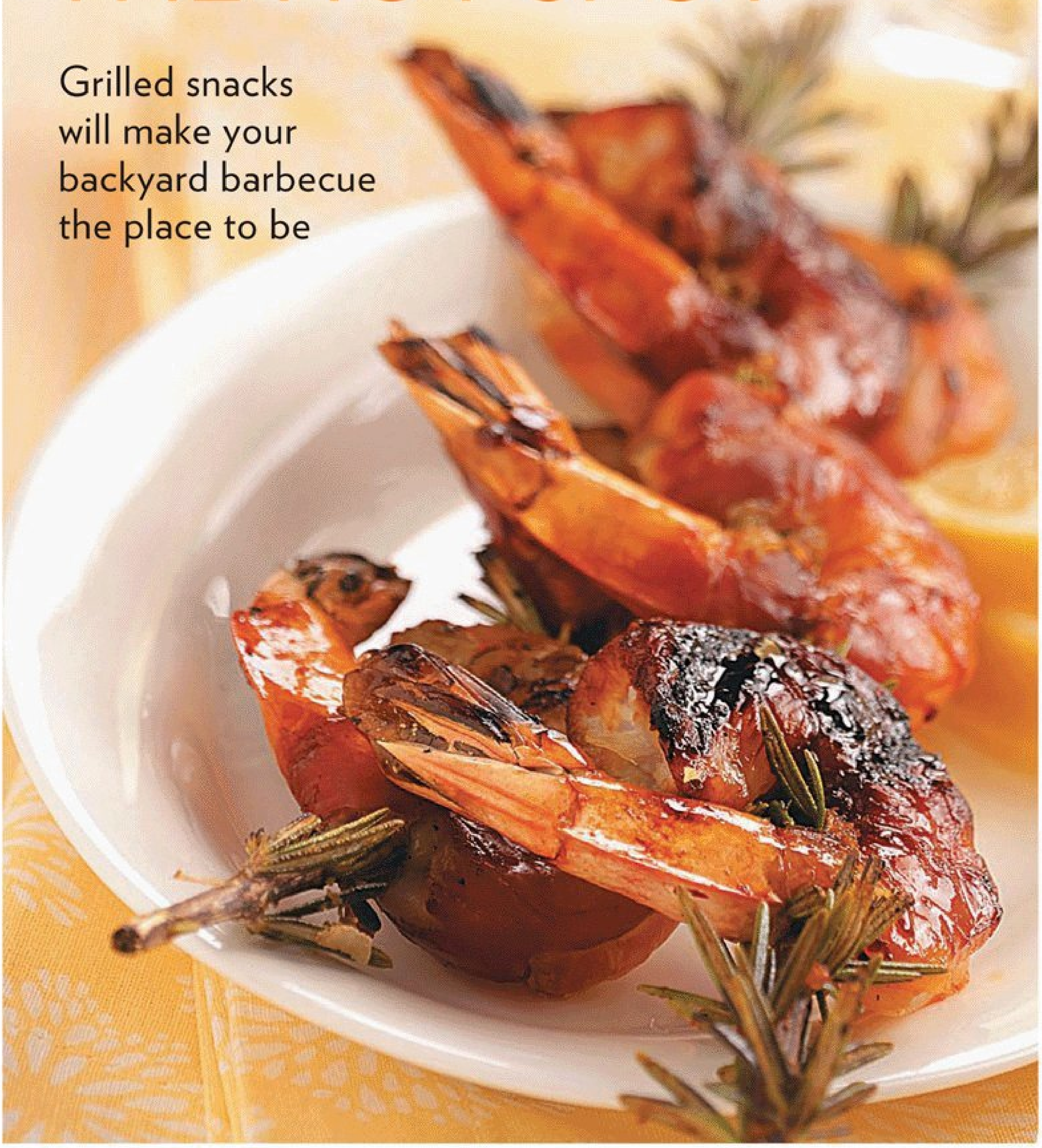
THE HOT SPOT

Grilled snacks will make your backyard barbecue the place to be



havarti shrimp quesadillas

Apricot preserves add a touch of sweetness to the mushrooms, shrimp and cheese inside these grilled quesadillas. Or cook them in a hot skillet until lightly browned.

Susan Manning
BURLINGTON, NC

PREP/TOTAL TIME: 25 MIN.
YIELD: 2 DOZEN

1/2 lb. fresh mushrooms, chopped

1 Tbsp. canola oil

1 Tbsp. butter

6 Tbsp. apricot preserves

6 flour tortillas (10 in.)

6 oz. Havarti cheese, thinly sliced

1/2 lb. cooked peeled deveined shrimp, chopped

2 Tbsp. butter, melted

In a large skillet, saute mushrooms in oil and butter until tender. Spread 1 Tbsp. preserves over half of each tortilla; top with cheese, shrimp and mushrooms. Fold tortillas over. Brush both sides with melted butter.

Grill quesadillas, uncovered, over medium heat for 1-2 minutes on each side or until golden brown and cheese is melted. Cut each quesadilla into four wedges. Serve warm.

shrimp on rosemary skewers

Fresh sprigs of rosemary are the clever skewers for these tasty kabobs. Serve as an appetizer or a main course.

Amber Joy Newport
HAMPTON, VA

PREP: 30 MIN. GRILL: 10 MIN.
YIELD: 8 SKEWERS

8 fresh rosemary sprigs, about 6 in. long

1/2 cup orange marmalade

1/2 cup flaked coconut, chopped

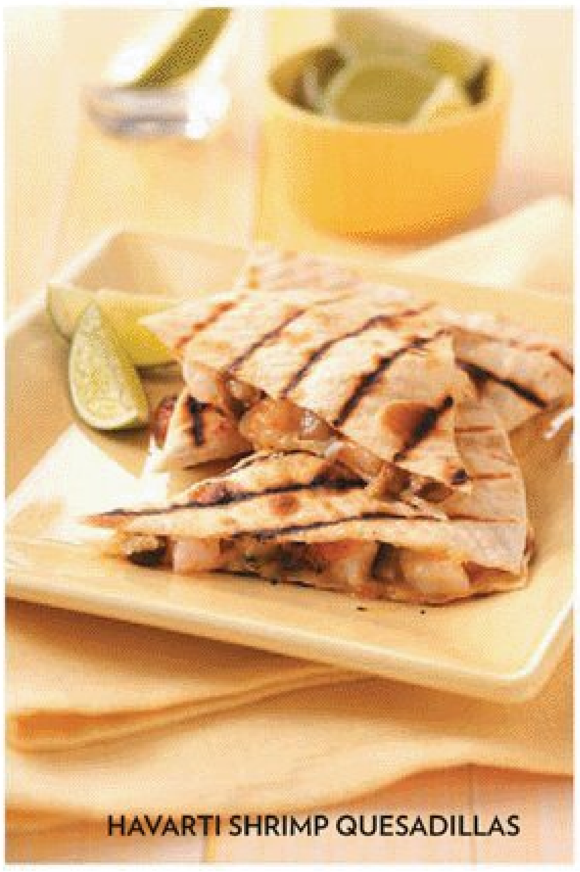
1/4 tsp. crushed red pepper flakes

1/4 tsp. minced fresh rosemary

1-1/2 lbs. uncooked large shrimp, peeled and deveined

Soak rosemary sprigs in water for 30 minutes. In a small bowl, combine the marmalade, coconut, pepper flakes and minced rosemary; set aside 1/4 cup for sauce.

Coat grill rack with cooking spray before starting the grill. Thread shrimp onto rosemary sprigs. Grill, covered, over medium heat for 3-4 minutes on each side or until shrimp turn pink, basting occasionally with remaining marmalade mixture. Serve with sauce.



HAVARTI SHRIMP QUESADILLAS

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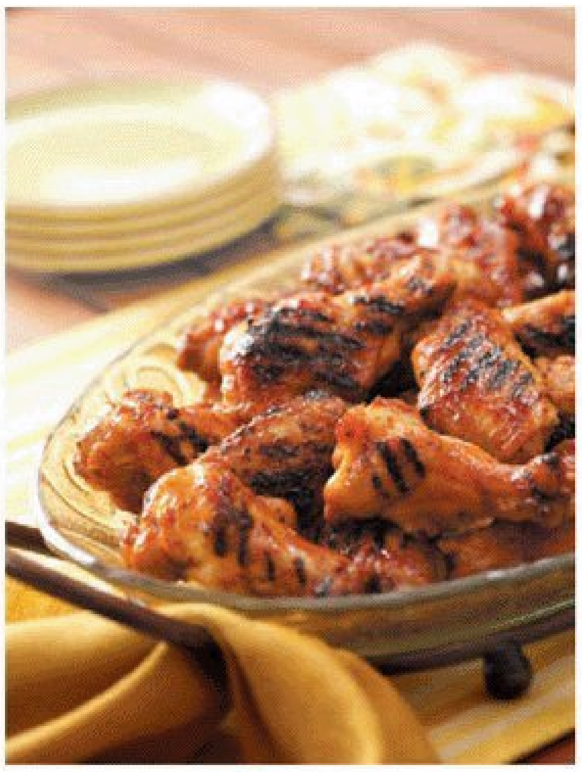

fire-roasted tomato salsa

"I've been making this salsa for a few years now. Chipotle pepper gives it a smoky kick. The recipe makes a big batch, but it doesn't last a day in our house."

Pamela Paula // WEEKI WACHEE, FL

PREP: 30 MIN. + CHILLING
YIELD: 4 CUPS

2 lbs. tomatoes (about 6 medium)

1 jalapeno pepper

1/2 cup fresh cilantro leaves

2 green onions, cut into 2-in. pieces

4 garlic cloves, peeled

1 chipotle pepper in adobo sauce

1 can (4 oz.) chopped green chilies

2 Tbsp. lime juice

1 Tbsp. olive oil

1/4 tsp. salt

Tortilla chips

Grill tomatoes and jalapeno, covered, over medium-hot heat for 8-12 minutes or until skins are blistered and blackened, turning occasionally. Immediately place in a large bowl; cover and let stand for 20 minutes.

Peel off and discard charred skins. Discard stem and seeds from jalapeno; cut tomatoes into fourths. Set jalapeno and tomatoes aside. Place the cilantro, onions and garlic in a food processor; cover and process until blended. Add chipotle pepper, tomatoes and jalapeno; cover and pulse until blended.

Transfer to a bowl; stir in the chilies, lime juice, oil and salt. Cover and refrigerate for at least 1 hour. Serve with chips.

EDITOR'S NOTE: When cutting hot peppers, disposable gloves are recommended. Avoid touching your face.

grilled greek crostini topping

"I got the idea for this easy appetizer while on a vacation in Greece. It's nice for summer get-togethers."

Stephanie Proebsting
BARRINGTON, IL

PREP/TOTAL TIME: 20 MIN.
YIELD: 8 SERVINGS

9 slices tomato

1/2 lb. feta cheese, cut into six slices

1 Tbsp. minced fresh oregano or 1 tsp. dried oregano

1 Tbsp. olive oil

Ground pepper

Sliced French bread baguette, toasted

Arrange three tomato slices in a single layer on a double thickness of heavy-duty foil (about 12 in. square). Top with two slices cheese, 1 tsp. oregano and 1 tsp. oil. Sprinkle with a dash of pepper. Repeat layers twice.

Fold foil around mixture and seal tightly. Grill, covered, over medium heat for 8-10 minutes or until heated through. Open foil carefully to allow steam to escape. Transfer to a serving platter; serve with toasted baguette.

grilled glazed drummies

"My family prefers these mild-tasting chicken wings over traditional hot wings. They're great for any gathering, and cleanup is a breeze."

Laura Mahaffey // ANNAPOLIS, MD

PREP: 10 MIN. + MARINATING
GRILL: 15 MIN.
YIELD: ABOUT 2 DOZEN

1 cup ketchup

1/3 cup soy sauce

4 tsp. honey

3/4 tsp. ground ginger

1/2 tsp. garlic powder

3 lbs. fresh or frozen chicken drumettes, thawed

In a small bowl, combine the first five ingredients. Pour 1 cup marinade into a large resealable plastic bag. Add the chicken; seal bag and turn to coat. Refrigerate for at least 4 hours or overnight. Cover and refrigerate remaining marinade for basting.

Drain chicken and discard marinade. Grill, covered, over medium heat for 15-20 minutes or until juices run clear, turning and basting occasionally with reserved marinade.

MORE!

For more satisfying snacks, visit **tasteofhome.com/appetizers**

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GRAB YOUR SIDES

Take these crowd-pleasing salads along to your next picnic or barbecue

MORE SALADS ON PAGE 27

summer salad with lemon vinaigrette

"This refreshing recipe goes well with grilled fish or chicken. We enjoy the lemony dressing at room temperature, so I make it first and let it rest on the counter while I toss the salad together."

Julie Kirkpatrick // BILLINGS, MT

PREP/TOTAL TIME: 15 MIN.
YIELD: 16 SERVINGS (1 CUP EACH)

1/4 cup lemon juice
1/4 cup olive oil
2 Tbsp. balsamic vinegar
2 garlic cloves, minced
1 tsp. salt
1 tsp. grated lemon peel
1 tsp. Dijon mustard
1/2 tsp. pepper
2 pkg. (5-1/2 oz. each) torn mixed salad greens
1 medium red onion, sliced
2 cups sliced fresh mushrooms
2 cups fresh raspberries
1 cup chopped walnuts

In a small bowl, whisk the first eight ingredients. Refrigerate until serving.

In a salad bowl, combine the salad greens, onion, mushrooms, raspberries and walnuts. Drizzle with dressing; toss to coat. Serve immediately.

Nutrition Facts: 1 cup equals 96 calories, 8 g fat (1 g saturated fat), 0 cholesterol, 161 mg sodium, 5 g carbohydrate, 2 g fiber, 3 g protein.
Diabetic Exchanges: 1 fat, 1/2 starch.

rainbow pepper medley

"This colorful, crunchy salad is a delicious way to use your summer harvest of peppers. It's handy, too, because it is prepared ahead of time."

taste of home fieldeditor Margaret Allen
ABINGDON, VA

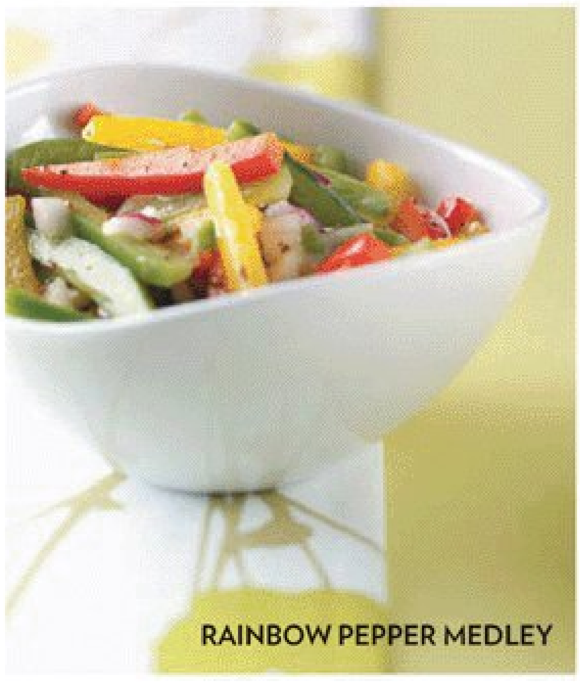
PREP: 20 MIN. + CHILLING
YIELD: 12 SERVINGS (1/2 CUP EACH)

2 medium green peppers, julienned
2 medium sweet red peppers, julienned
1 medium sweet yellow pepper, julienned
1 small red onion, chopped
1 jalapeno pepper, seeded, finely chopped

VINAIGRETTE:
1/3 cup canola oil
2 Tbsp. tarragon vinegar
1 Tbsp. Dijon mustard
2 tsp. sugar
2 tsp. caraway seeds
1 tsp. salt
1 tsp. grated lime peel
1/4 tsp. pepper
1/4 tsp. Louisiana-style hot sauce

In a large bowl, combine the first five ingredients. In a small bowl, whisk the vinaigrette ingredients. Pour over vegetables and toss to coat. Cover and refrigerate for at least 3 hours before serving.

EDITOR'S NOTE: When cutting hot peppers, disposable gloves are recommended. Avoid touching your face.



RAINBOW PEPPER MEDLEY

MORE!

THE GANG'S ALL HERE!
Search our huge collection of potluck recipes at **tasteofhome.com/potluck**

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ADVAIR helps significantly improve lung function. It contains both an anti-inflammatory* and a long-acting bronchodilator that work together to help you breathe better.† Ask your doctor if ADVAIR is right for you.

To get your first full prescription FREE and to save on refills,‡ visit ADVAIR.com or call 1-800-520-4197.

Important Safety Information about ADVAIR DISKUS 250/50 for COPD:

ADVAIR DISKUS 250/50 is approved for adults with COPD, including chronic bronchitis, emphysema, or both. You should only take 1 inhalation of ADVAIR twice a day. Higher doses will not provide additional benefits. People with COPD taking ADVAIR may have a higher chance of pneumonia. Call your doctor if you notice any of the following symptoms: change in amount or color of sputum, fever, chills, increased cough, or increased breathing problems. ADVAIR may increase your risk of osteoporosis and some eye problems (cataracts or glaucoma). You should have regular eye exams. Thrush in the mouth and throat may occur. Tell your doctor if you have a heart condition or high blood pressure before taking ADVAIR. Do not use ADVAIR with long-acting beta$_2$-agonists for any reason. ADVAIR does not replace fast-acting inhalers for sudden symptoms.

*It is not known how anti-inflammatories work in COPD. †Measured by a breathing test in people taking ADVAIR 250/50, compared with people taking either fluticasone propionate 250 mcg or salmeterol 50 mcg. Your results may vary. ‡Restrictions apply. See advairCOPD.com for eligibility rules.

Please see accompanying important information about ADVAIR DISKUS.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

If you smoke and want to quit, you can learn more at way2quit.com.

gsk GlaxoSmithKline

GSK for you — If you don't have prescription coverage and can't afford your medicines, visit GSKforYou.com or call 1-866-GSK-FOR-U (1-866-475-3678)

ADVAIR DISKUS® 250/50
(fluticasone propionate 250 mcg and salmeterol 50 mcg inhalation powder)

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ADVAIR DISKUS® 100/50, 250/50, 500/50

(fluticasone propionate 100, 250, 500 mcg and salmeterol 50 mcg inhalation powder)

Important Safety Information About ADVAIR DISKUS

This brief summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What is the most important information I should know about ADVAIR DISKUS?

- **In patients with asthma, long-acting beta$_2$-agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), may increase the chance of death from asthma problems.** In a large asthma study, more patients who used salmeterol died from asthma problems compared with patients who did not use salmeterol. It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, changes your chance of death from asthma problems seen with salmeterol. Talk with your healthcare provider about this risk and the benefits of treating your asthma with ADVAIR DISKUS.
- **ADVAIR DISKUS does not relieve sudden symptoms. Always have a fast-acting inhaler (short-acting beta$_2$-agonist medicine) with you to treat sudden symptoms. If you do not have a fast-acting inhaler, contact your healthcare provider to have one prescribed for you.**
- **Do not stop using ADVAIR DISKUS unless told to do so by your healthcare provider because your symptoms might get worse.**
- **ADVAIR DISKUS should be used only if your healthcare provider decides that another asthma-controller medicine alone does not control your asthma or that you need 2 asthma-controller medicines.**
- **Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS. You may need different treatment.**
- **Get emergency medical care if:**
  - **breathing problems worsen quickly, and**
  - **you use your fast-acting inhaler, but it does not relieve your breathing problems.**

What is ADVAIR DISKUS?

- **ADVAIR DISKUS contains 2 medicines:**
  - **fluticasone propionate (the same medicine found in FLOVENT®),** an inhaled corticosteroid medicine. Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
  - **salmeterol (the same medicine found in SEREVENT®),** a LABA. LABA medicines are used in patients with asthma or chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.

<u>Asthma</u>

ADVAIR DISKUS is used long term, twice a day, to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children ages 4 and older.

<u>Chronic Obstructive Pulmonary Disease (COPD)</u>

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, twice a day, to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD
- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- **have heart problems**
- **have high blood pressure**
- **have seizures**
- **have thyroid problems**
- **have diabetes**
- **have liver problems**
- **have osteoporosis**
- **have an immune system problem**
- **are pregnant or planning to become pregnant.** It is not known if ADVAIR DISKUS may harm your unborn baby
- **are breastfeeding.** It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby
- **are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products**
- **are exposed to chickenpox or measles**

Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines Norvir® (ritonavir capsules) Soft Gelatin, Norvir® (ritonavir oral solution), and Kaletra® (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider will prescribe the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation twice a day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- **While you are using ADVAIR DISKUS twice a day, do not use other medicines that contain a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.**
- Do not change or stop any of your medicines used to control or treat your breathing problems. Your healthcare provider will adjust your medicines as needed.
- Make sure you always have a fast-acting inhaler with you. Use your fast-acting inhaler if you have breathing problems between doses of ADVAIR DISKUS.

Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use 1 whole canister of your fast-acting inhaler in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

What are the possible side effects with ADVAIR DISKUS?

- See *"What is the most important information I should know about ADVAIR DISKUS?"*
- Patients with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. **Call your healthcare provider if you notice any of the following symptoms:**
  - increase in mucus (sputum) production
  - change in mucus color
  - increased breathing problems
  - fever
  - increased cough
  - chills
- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction, including:
  - rash
  - swelling of the face, mouth, and tongue
  - hives
  - breathing problems
- **increased blood pressure**
- **chest pain**
- **a fast and irregular heartbeat**
- **headache**
- **tremor**
- **nervousness**
- **weakened immune system and a higher chance of infections**
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.
- **slowed growth in children.** A child's growth should be checked often.

Other common side effects include:

- hoarseness and voice changes
- throat irritation
- thrush in the mouth and throat
- respiratory tract infections

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advair.com.

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GlaxoSmithKline
Research Triangle Park, NC 27709
ADD:6PI April 2009

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AD5253R0 January 2010

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pickled veggie salad

"One year I created this recipe to use up an overabundance of brussels sprouts. My family asked for seconds, so now this tangy side is a staple on our Thanksgiving menu."

Bobbi Ballantine
GROVE CITY, PA

PREP: 20 MIN.
COOK: 10 MIN. + MARINATING
YIELD: 14 SERVINGS (1/2 CUP EACH)

1 lb. fresh brussels sprouts

1 cup sugar

3/4 cup white vinegar

1/2 lb. sliced fresh mushrooms

1 small onion, chopped

2 garlic cloves, minced

1 Tbsp. plus 1/4 cup canola oil, divided

1 can (8 oz.) sliced water chestnuts, drained

2 cans (2-1/4 oz. each) sliced ripe olives, drained

2 plum tomatoes, sliced

1 jar (2 oz.) diced pimientos, drained

1 Tbsp. lemon juice

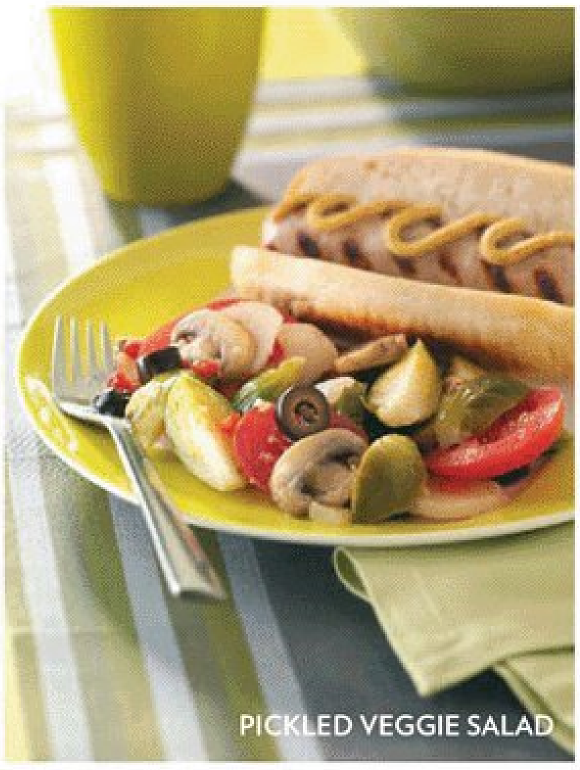
Cut an "X" in the core of each brussels sprout. Place 1/2 in. of water in a large saucepan; add brussels sprouts. Bring to a boil. Reduce heat; cover and simmer for 8-10 minutes or until tender.

Meanwhile, in a small saucepan, bring sugar and vinegar to a boil; cook and stir for 1 minute or until sugar is dissolved. Remove from the heat; cool slightly.

In a large skillet, saute the mushrooms, onion and garlic in 1 Tbsp. oil until tender. Transfer to a large bowl. Add the water chestnuts, olives, tomatoes, pimientos and lemon juice.

Drain brussels sprouts; cool slightly. Cut into quarters and add to vegetable mixture. Add sugar mixture and remaining oil; toss to coat. Cover and refrigerate overnight. Serve with a slotted spoon.

Nutrition Facts: 1/2 cup equals 114 calories, 5 g fat (trace saturated fat), 0 cholesterol, 90 mg sodium, 17 g carbohydrate, 2 g fiber, 2 g protein. **Diabetic Exchanges:** 1 vegetable, 1 fat, 1/2 starch.



PICKLED VEGGIE SALAD

roasted vegetable salad

"For even more flavor, mix field greens and crisp, crumbled bacon into this appealing veggie salad. Or whisk a tablespoon of honey into the dressing. Guests will love it!"

Laura McAllister
MORGANTON, NC

PREP: 30 MIN. BAKE: 20 MIN.
YIELD: 12 SERVINGS (2/3 CUP EACH)

1 lb. small red potatoes, quartered

2 medium ears sweet corn, halved

1/2 lb. baby portobello mushrooms, halved

1 medium sweet red pepper, cut into strips

2 medium leeks (white portion only), cut into 2-in. lengths

1/4 cup plus 2 Tbsp. olive oil, divided

1/2 tsp. salt

1/4 tsp. pepper

1/2 lb. fresh asparagus, cut into 2-in. lengths

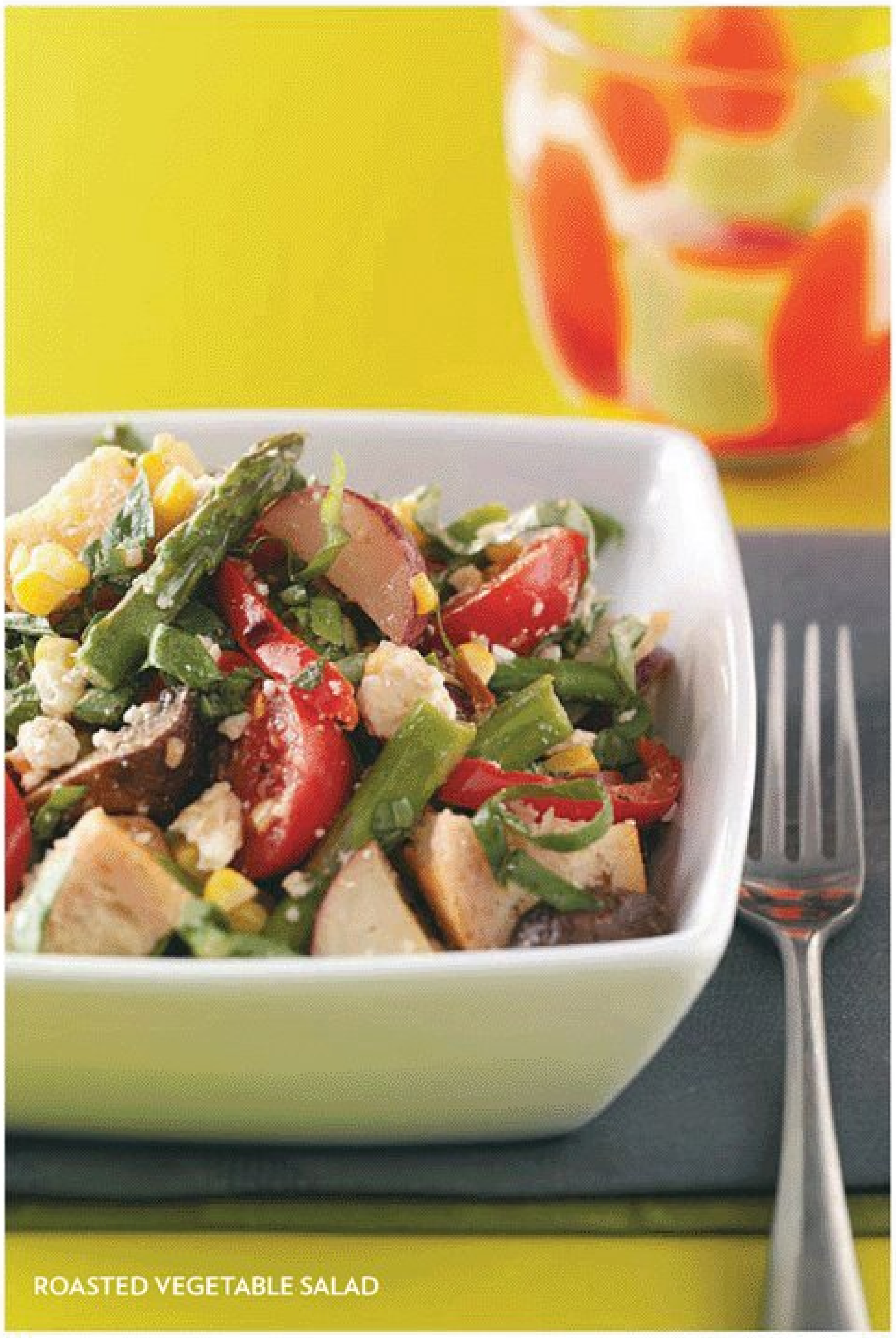
2 garlic cloves, minced

1/2 tsp. crushed red pepper flakes

2 cups cubed French bread

10 cherry tomatoes, halved

1 cup (4 oz.) crumbled feta cheese



ROASTED VEGETABLE SALAD

1 cup thinly sliced fresh basil leaves

DRESSING:

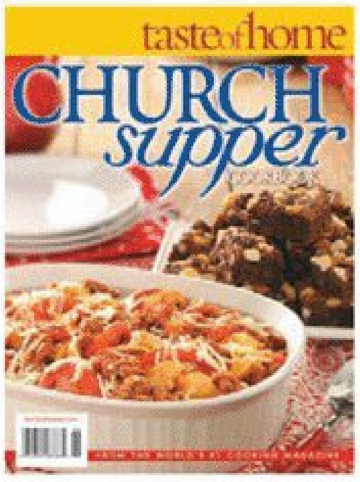
1/3 cup olive oil

1/4 cup red wine vinegar

In a large bowl, combine the first five ingredients. Drizzle with 1/4 cup oil; sprinkle with salt and pepper and toss to coat. Place in two greased 15-in. x 10-in. x 1-in. baking pans. Bake at 425° for 20-25 minutes or until potatoes are tender.

Meanwhile, in a large skillet, saute asparagus in remaining oil until tender. Add garlic and pepper flakes; cook 1 minute longer.

Cut corn from cobs; place in a large bowl. Stir in the bread, tomatoes, cheese, basil, asparagus and roasted vegetable mixture. Combine oil and vinegar; drizzle over mixture and toss to coat. Serve immediately.



BRING A DISH!
Inside the new *Taste of Home Church Supper Cookbook*, you'll find more than 275 potluck favorites, plus a special section of recipes that feed large crowds in case you're cooking for a big bunch. Find it on newsstands starting June 15.

www.WorldMags.net & www.Journal-Plaza.net

Ross & Julie Smithe
COMFORT, TX

ROOM FOR ALL

With a big family who likes to help in the kitchen, functionality is key

NEW KITCHEN RUNNER-UP

A spacious kitchen is a luxury for many people, but for the Smithe family of Comfort, TX, it's a necessity. Ross and Julie Smithe are the proud parents of eight children—and they all like to help with meals.

The family also loves to entertain, so in addition to being roomy, this bright, open kitchen is also functional and beautiful. That combination earned them a $500 runner-up prize in our Dream Kitchen contest.

The Smithes built their home 2 years ago on 4 acres of rolling Texas hill country. "The kitchen's crown molding, 12-foot ceilings and farmhouse sink are reminiscent of the historic homes that grace this area," Julie says.

"We designed it not only to accommodate our large family, but also to host large gatherings comfortably. The kitchen is always the popular gathering spot, and the large island makes serving food a breeze."

Julie home-schools their children, and each one has a role in the kitchen, from cooking and cleanup to meal planning and preparing shopping lists. The family includes Sophia, Joshua, Christianna, Josiah, Jonathan, Abigail Rose, Justin and Jeremiah Honor, who range in age from 16 to 8 months. Dad Ross works as a territory manager for a floor-covering company and leads the family's music ministry.

Even with a family of 10, the Smithe kitchen runs like a well-oiled machine. With plenty of cabinet space, there's a place for everything. The built-in pantry stores small appliances, serving dishes and bread-making gear.

"While we love the historic feel of the home, we also wanted all of the modern conveniences," says Julie, "including a pot-filler over the stove, an eight-burner cooktop, double convection oven, two sinks and a side-by-side refrigerator and freezer."

Their kitchen seems to have it all. So what will they do with their $500 prize? "Buy groceries," Julie says with a grin.

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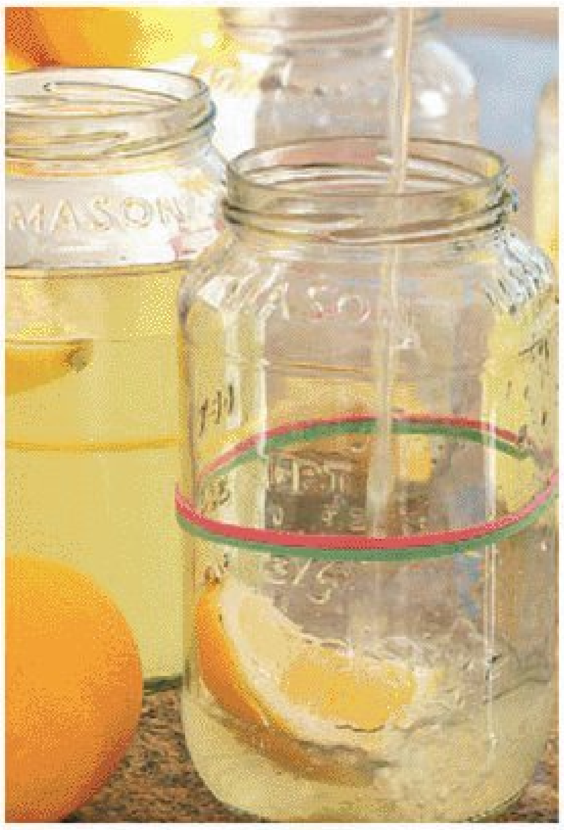

MORE!

For more photos, a floor plan of the Smithes' winning kitchen and their recipe for Tomato Basil Soup, visit **tasteofhome.com/smithe**

Top: A pot-filler is a huge help when making pasta for 10. Above: Mason jars double as drinking glasses in this family, and colored rubber bands indicate whose drink is whose. Below: The large fridge is a must with many hungry kids.

"We designed our kitchen not only to accommodate our large family, but also to host large gatherings comfortably."

— Julie Smithe // COMFORT, TX

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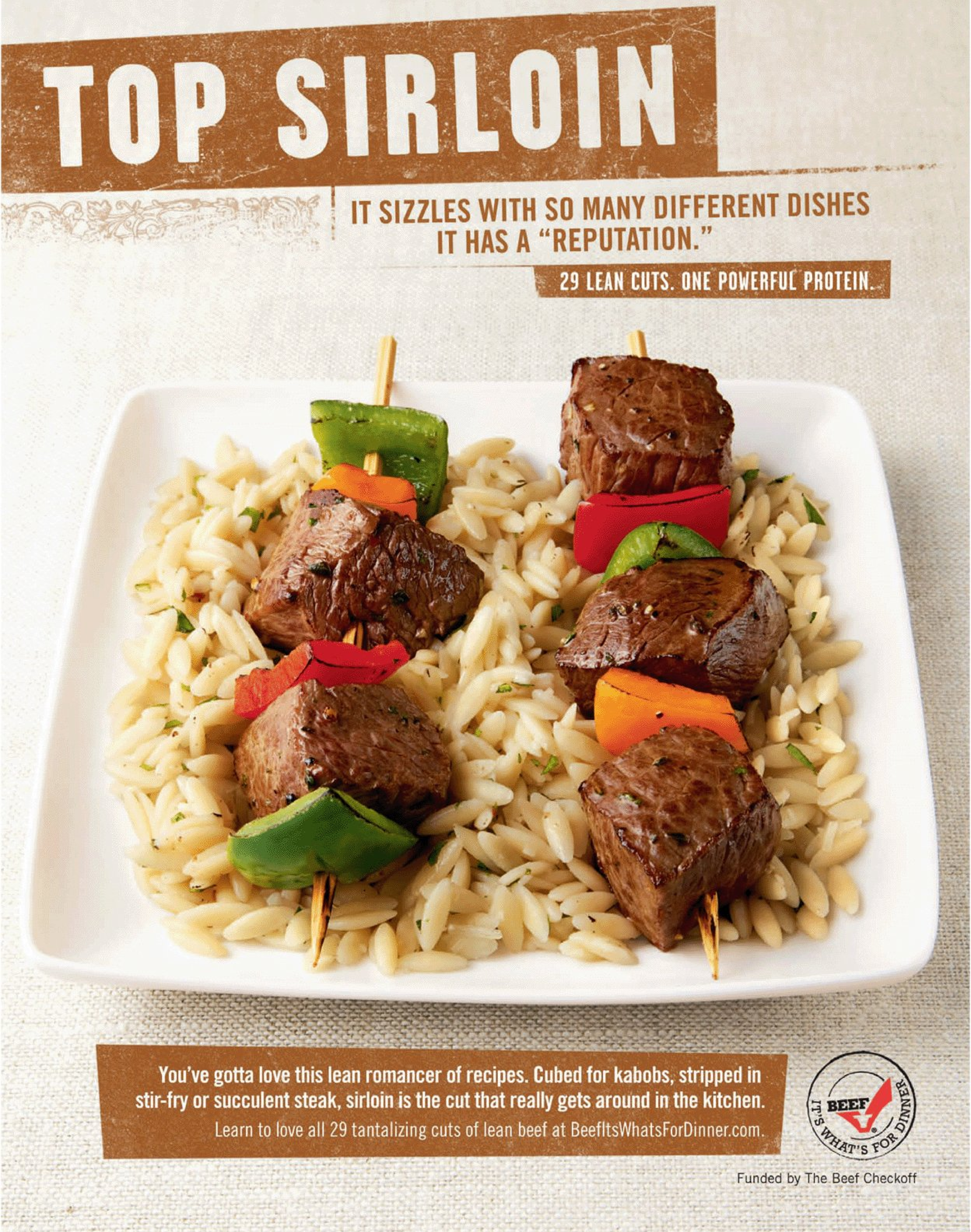

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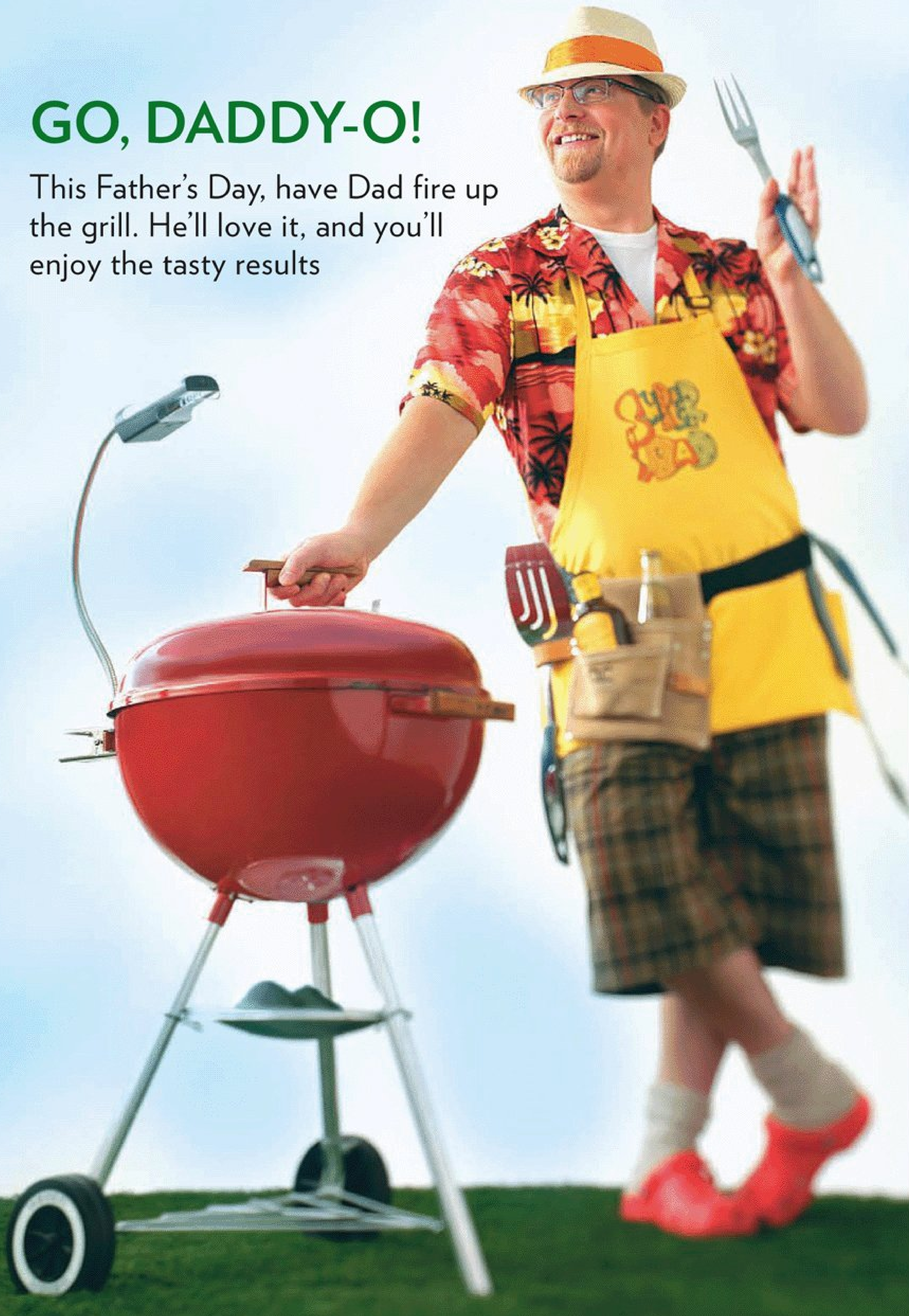
COOK SMART

EASY MEAL SOLUTIONS FROM OUR READERS & THE TOH TEST KITCHEN

GO, DADDY-O!

This Father's Day, have Dad fire up the grill. He'll love it, and you'll enjoy the tasty results



LIGHTS ON!

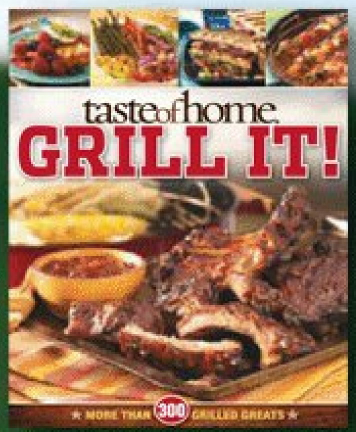
A setting sun is no reason to avoid using the grill. The battery-powered **Maverick GL-03 LED Grill Light** clips on, bends and twists, and lasts 4 to 6 hours. Available at specialty gourmet stores and online at **target.com. $59.99**

COOL TOOLS

Show 'em you mean business—at least when it comes to grilling—with the **Cuisinart Master Grill Set**. This kit boasts six essential stainless steel tools in a rugged storage case. For a list of online retailers, go to **cuisinart.com. $119.99**

GREAT EATS

Sink your teeth into some of the most lip-smacking barbecue dishes you've ever tasted with ***Taste of Home Grill It***. You'll find 343 recipes plus secrets for flame-broiled success. Available wherever books are sold. **$15.95**



IS IT DONE YET? Learn the difference between rare, medium and well done, and the correct cooking temperatures for different foods at **tasteofhome.com/grilltips**

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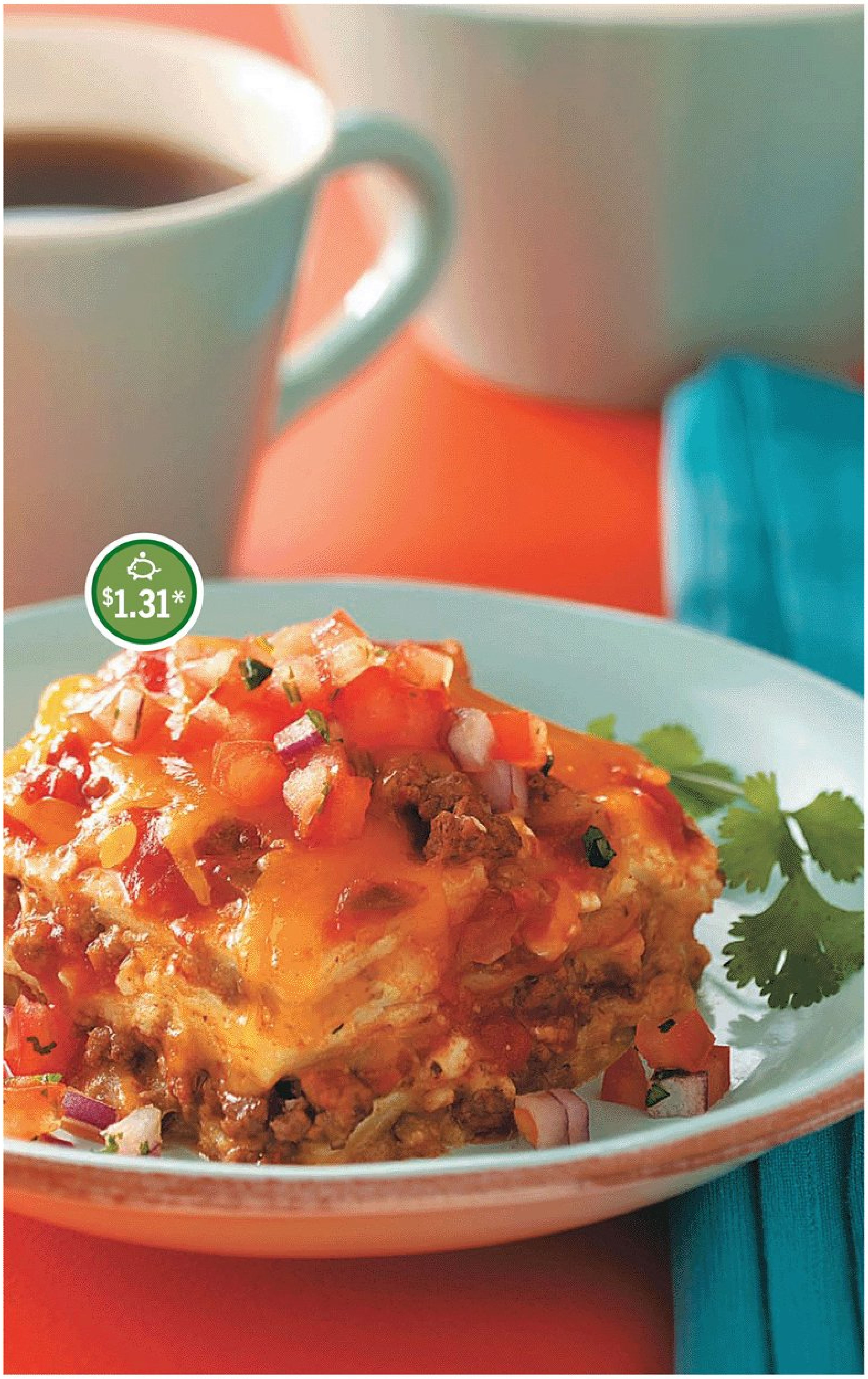
FRUGAL FIESTA

These money-saving Southwestern dishes are worth celebrating



enchilada lasagna

"Whenever I make this cheesy layered casserole, my guests ask for the recipe. I serve it with French bread or toasted garlic bread."

tasteofhome fieldeditor **Charlene Griffin**
MINOCQUA, WI

PREP: 45 MIN. BAKE: 30 MIN. + STANDING
YIELD: 12 SERVINGS

1-1/2 lbs. ground beef
1 medium onion, chopped
1 garlic clove, minced
1 can (14-1/2 oz.) stewed tomatoes, undrained
1 can (10 oz.) enchilada sauce
1 to 2 tsp. ground cumin
1 egg, beaten
1-1/2 cups (12 oz.) 4% cottage cheese
3 cups (12 oz.) shredded Mexican cheese blend
8 flour tortillas (8 in.), cut in half
1 cup (4 oz.) shredded cheddar cheese

In a large skillet, cook the beef, onion and garlic over medium heat until meat is no longer pink; drain. Stir in the tomatoes, enchilada sauce and cumin. Bring to a boil. Reduce heat; simmer, uncovered, for 20 minutes.

In a small bowl, combine egg and cottage cheese; set aside. Spread a third of the meat sauce into a greased 13-in. x 9-in. baking dish. Layer with half of the cheese blend, tortillas, cottage cheese mixture and remaining meat sauce. Repeat layers. Sprinkle with cheddar cheese.

Cover and bake at 350° for 20 minutes. Uncover; bake 10 minutes longer or until bubbly. Let stand for 15 minutes before cutting.

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skillet tacos

Busy day? Save time and money with this stovetop supper the whole family will love. It calls for handy convenience products, so it can be on the table in minutes.

Kelly Roder // FAIRFAX, VA

PREP/TOTAL TIME: 20 MIN.
YIELD: 6 SERVINGS

1 lb. ground beef

1 small red onion, chopped

1 can (15-1/4 oz.) whole kernel corn, drained

10 corn tortillas (6 in.), cut into 1-in. pieces

1 bottle (8 oz.) taco sauce

1-1/4 cups shredded cheddar cheese, divided

Hot pepper sauce, optional

In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Add the corn, tortillas, taco sauce and 1 cup cheese; heat through. Sprinkle with remaining cheese. Serve with pepper sauce if desired.

*COSTS ARE PER SERVING

chiles rellenos casserole

"A friend gave me this easy take on a traditional Mexican favorite about 35 years ago. I'm often asked to bring it to potlucks."

Maggie Owen // OCEANSIDE, CA

PREP: 20 MIN.
BAKE: 40 MIN. + STANDING
YIELD: 8 SERVINGS

7 cans (4 oz. each) whole green chilies, drained

3/4 lb. Monterey Jack cheese, cut into strips

1 cup (4 oz.) shredded cheddar cheese

5 eggs

1-1/4 cups milk

1/4 cup all-purpose flour

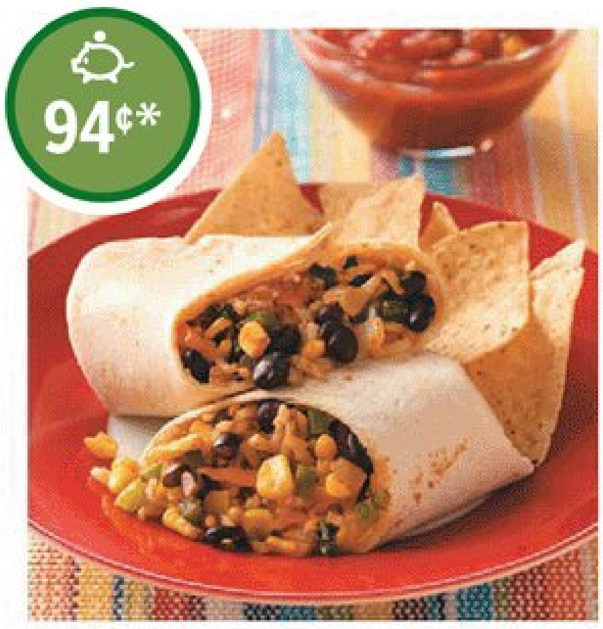
1/4 tsp. salt

1/4 tsp. pepper

1/8 tsp. hot pepper sauce

Split chilies lengthwise; rinse and remove seeds. Drain on paper towels; pat dry. Stuff chilies with cheese strips. Place half of chilies in a greased 11-in. x 7-in. baking dish; sprinkle with 1/2 cup cheddar cheese. Repeat layers.

In a small bowl, beat the eggs, milk, flour, salt, pepper and pepper sauce until smooth; pour over chilies. Bake, uncovered, at 350° for 40-45 minutes or until a knife inserted near the center comes out clean. Let stand for 10 minutes before serving.



corn, rice & bean burritos

No one will miss the meat when you dish up these satisfying burritos bursting with a fresh-tasting filling. They're fast to fix and won't put a dent in your wallet.

Sharon Bickett // CHESTER, SC

PREP/TOTAL TIME: 30 MIN.
YIELD: 8 SERVINGS

1-1/3 cups fresh or frozen corn, thawed

1 medium onion, chopped

1 medium green pepper, sliced

1 Tbsp. canola oil

2 garlic cloves, minced

1-1/2 tsp. chili powder

1/2 tsp. ground cumin

1 can (15 oz.) black beans, rinsed and drained

1-1/2 cups cooked brown rice

8 flour tortillas (8 in.), warmed

3/4 cup shredded reduced-fat cheddar cheese

1/2 cup reduced-fat plain yogurt

2 green onions, sliced

1/2 cup salsa

In a large skillet, saute the corn, onion and pepper in oil until tender. Add the garlic, chili powder and cumin; cook 1 minute longer. Add beans and rice; heat through.

Spoon 1/2 cup filling off center on each tortilla. Top with cheese, yogurt and green onions. Fold sides and ends over filling and roll up. Serve with salsa.

Nutrition Facts: 1 burrito with 1 Tbsp. salsa equals 326 calories, 8 g fat (2 g saturated fat), 8 mg cholesterol, 500 mg sodium, 52 g carbohydrate, 4 g fiber, 13 g protein.

TIP
Make your own tortillas at home. See page 36.

MORE!
For more south-of-the-border dishes, visit **tasteofhome.com/southwest**

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BERRY GOOD!

These antioxidant-rich berries are much more than just sweet treats

blackberry-sauced pork chops

"My family loved these chops the first time I fixed them. As tasty in a skillet as they are grilled, you can enjoy them all year long. The sauce is also great with chicken!"

Priscilla Gilbert // INDIAN HARBOUR BEACH, FL

PREP/TOTAL TIME: 30 MIN.
YIELD: 4 SERVINGS

1/2 cup seedless blackberry spreadable fruit

1 Tbsp. lemon juice

1 Tbsp. reduced-sodium soy sauce

Dash ground cinnamon

4 boneless pork loin chops (5 ounces each)

2 tsp. steak seasoning

2 tsp. olive oil

1 cup fresh blackberries

In a small saucepan, combine the spreadable fruit, lemon juice, soy sauce and cinnamon. Cook and stir over low heat until spreadable fruit is melted. Remove from the heat; set aside.

Sprinkle both sides of pork chops with steak seasoning. In a large nonstick skillet coated with cooking spray, cook chops in oil over medium-high heat for 5-7 minutes on each side or until a meat thermometer reads 160°. Serve with sauce and blackberries.

EDITOR'S NOTE: This recipe was tested with McCormick's Montreal Steak Seasoning. Look for it in the spice aisle.

ABOUT BLACKBERRIES

›› Blackberries are rich in fiber, vitamin C and folic acid.

›› Like raspberries, blackberries are what's known as an aggregate fruit, composed of many smaller fruits called drupes.

›› Select berries that are a little dull-looking, not shiny. Shiny berries are not ripe yet, and they won't ripen after they've been picked.

freshpicks

Pick of the season, in store at Walmart

Pick fresh, delicious berries—for less—at Walmart. Then enjoy them at the peak of freshness with these tasty tips from Donatella and Walmart.

Chef Donatella Arpaia is a big believer in fresh ingredients. Her commitment to freshness has lead to successful restaurants and her new cookbook, *Donatella Cooks: Simple Food Made Glamorous.*

Don't remove strawberry caps before washing; the caps keep the water from breaking down the texture and flavor inside the berries.

Refrigerate blueberries to increase their shelf life. They'll keep fresher longer.

Store berries in a colander in the refrigerator. This allows the cold air to circulate around them.

Easy recipe conversion: 1 pint of raspberries equals 2 cups

Thousands of Rollbacks on summer favorites

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TORTILLAS IN NO TIME

"Four ingredients and half an hour is all it takes to make authentic tortillas," says Alicia Bozewicz of our Test Kitchen. "Here's how."

homemade tortillas

These tortillas are so tender, chewy and easy to make, you'll be astonished. "I usually have to double this recipe because we go through them so quickly."

Kristen Van Dyken
WEST RICHLAND, WA

PREP/TOTAL TIME: 30 MIN.
YIELD: 8 TORTILLAS

2 cups all-purpose flour
1/2 tsp. salt
1 cup water
3 Tbsp. olive oil

In a large bowl, combine flour and salt. Stir in water and oil. Turn onto a floured surface; knead 5-6 times. Divide dough into 8 portions. On a lightly floured surface, roll each portion into a 7-in. circle.

In a large nonstick skillet coated with cooking spray, cook tortillas over medium heat for 1 minute on each side or until lightly browned. Keep warm.

Nutrition Facts: 1 tortilla equals 159 calories, 5 g fat (1 g saturated fat), 0 cholesterol, 148 mg sodium, 24 g carbohydrate, 1 g fiber, 3 g protein.
Diabetic Exchanges: 1-1/2 starch, 1 fat.

TEST KITCHEN TIP

Well-wrapped tortillas keep in the freezer for up to a month. Thaw overnight in the fridge and reheat before using.

1 Divide dough into 1-1/2-inch balls.

2 Flatten and roll each into a 7-inch circle with a rolling pin.

3 Cook tortillas in a greased skillet, 1 minute on each side.

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SALAD FOR SUPPER

You can toss together a hearty and refreshing meal-in-a-bowl in half an hour or less

greek islands steak salad

"I invented this dish while watching a film that was set on the Greek isles."

Chris Wells // LAKE VILLA, IL

PREP/TOTAL TIME: 25 MIN.
YIELD: 2 SERVINGS

1 boneless beef top loin steak (8 oz.)

1 Tbsp. A.1. steak sauce

MUSHROOMS:

1-1/2 cups sliced fresh mushrooms

2 Tbsp. butter

1 Tbsp. sherry or chicken broth

1/8 tsp. salt

1/8 tsp. pepper

SALAD:

4 cups torn mixed salad greens

10 cherry tomatoes, halved

2/3 cup thinly sliced cucumber

10 pitted Greek olives

1/4 cup finely chopped red onion

1/2 cup crumbled feta cheese

1/4 cup prepared balsamic vinaigrette

Rub steak on both sides with steak sauce; let stand for 10 minutes.

In a small skillet, saute mushrooms in butter until golden brown. Add sherry, salt and pepper. Cook 1-2 minutes or until liquid is evaporated. Set aside and keep warm.

If grilling steak, coat grill rack with cooking spray before starting the grill. Grill steak, covered, over medium heat or broil 4 in. from heat for 5-6 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145° medium, 160° well-done, 170°). Let stand 5 minutes before slicing.

Divide salad greens between two plates. Top with tomatoes, cucumber, olives, onion, steak and mushrooms. Sprinkle with cheese. Drizzle with vinaigrette. Serve immediately.

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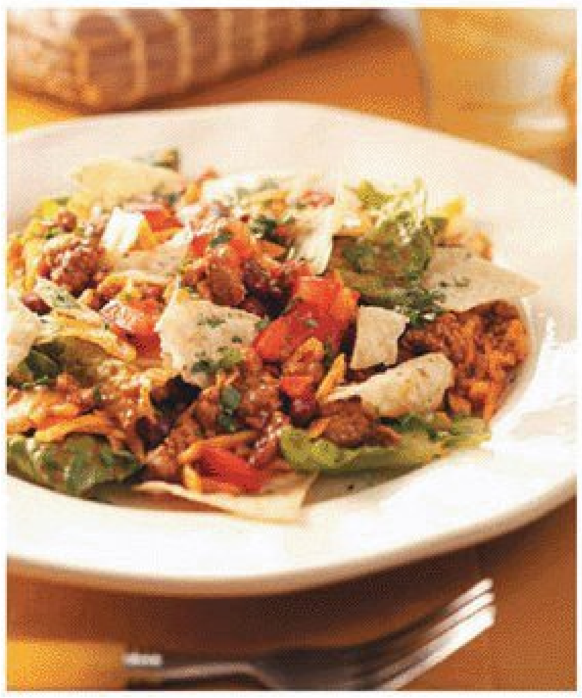


taco salad

"Even with my family's busy schedule, I enjoy cooking from scratch. We love this easy taco salad made with ground pork. If I don't fix it often enough, they ask for it."

Sherry Duval // BALTIMORE, MD

PREP/TOTAL TIME: 30 MIN.
YIELD: 6 SERVINGS

1 lb. ground pork or beef
1 envelope taco seasoning
1 can (16 oz.) kidney beans, rinsed and drained
3/4 cup water
10 cups torn romaine
2 medium tomatoes, chopped
1/3 cup chopped onion
2 cups (8 oz.) shredded cheddar cheese
1/2 to 3/4 cup Western salad dressing
Tortilla chips, crushed
Sour cream and guacamole, optional

In a large skillet, cook pork over medium heat until no longer pink; drain. Stir in the taco seasoning, beans and water. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes, stirring occasionally. Remove from the heat; cool for 10 minutes.

In a large bowl, combine the romaine, tomatoes, onion and cheese. Stir in pork mixture. Drizzle with salad dressing and toss to coat. Sprinkle with chips. Serve immediately with sour cream and guacamole if desired.

turkey & fruit salad

"We have our own turkeys, so I am always on the lookout for good recipes that are a little different. This is a good way to use up leftover turkey."

taste of home fieldeditor Harriet Stichter
MILFORD, IN

PREP/TOTAL TIME: 25 MIN.
YIELD: 5 SERVINGS

1/4 cup fat-free plain yogurt
1/4 cup reduced-fat mayonnaise
1 Tbsp. honey
1 Tbsp. spicy brown mustard
1/2 tsp. dried marjoram
1/8 tsp. ground ginger
3 cups cubed cooked turkey breast
2 celery ribs, thinly sliced
1 large red apple, finely chopped
1/2 cup dried cranberries
1/4 cup chopped walnuts, toasted

In a small bowl, combine the first six ingredients. In a large bowl, combine the turkey, celery, apple, cranberries and walnuts. Add yogurt mixture; toss to coat. Refrigerate until serving.

fast & fabulous thai chicken salad

"This healthful recipe looks time-consuming, but it's as simple as can be. Aside from mixing, the only prep work is chopping a red pepper. It's a real crowd-pleaser."

Elinor Ives // STURBRIDGE, MA

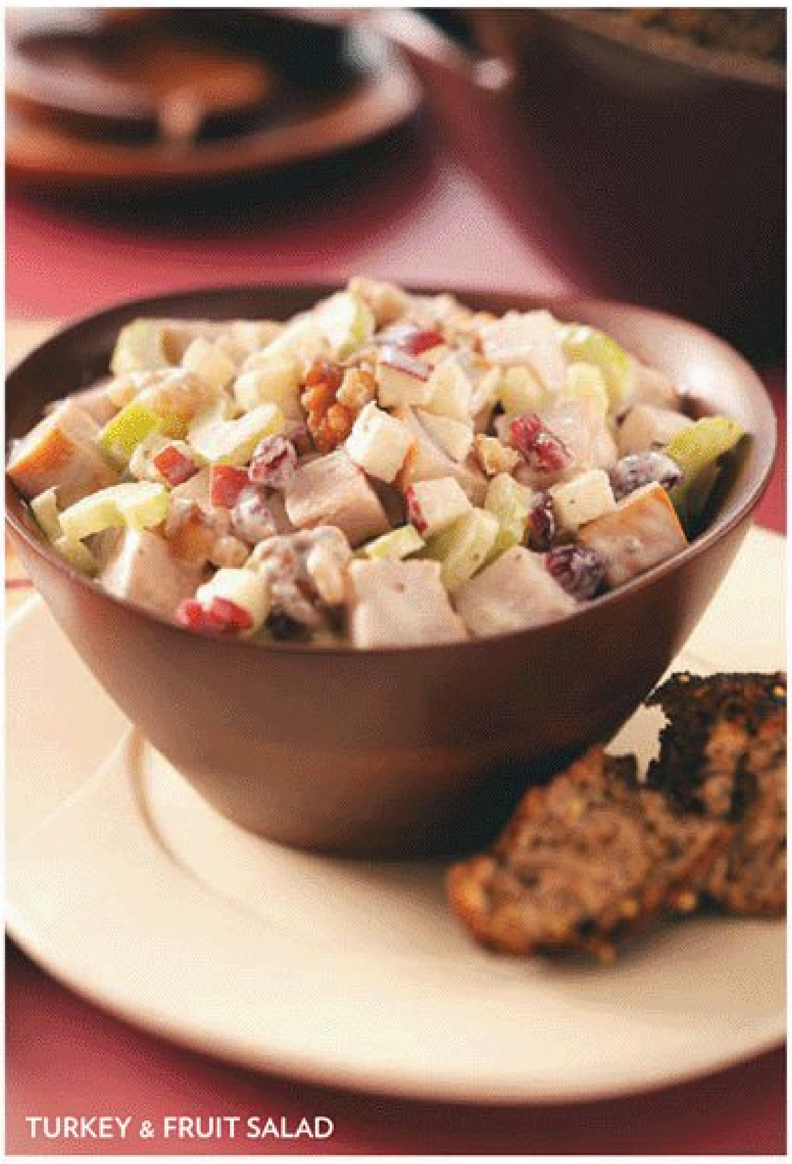
PREP/TOTAL TIME: 20 MIN.
YIELD: 6 SERVINGS

1 pkg. (16 oz.) coleslaw mix
1/3 cup sesame ginger salad dressing
2 cups cubed cooked chicken
1/2 cup Thai peanut sauce
1 medium sweet red pepper, julienned
1/2 cup chow mein noodles
2 green onions, chopped

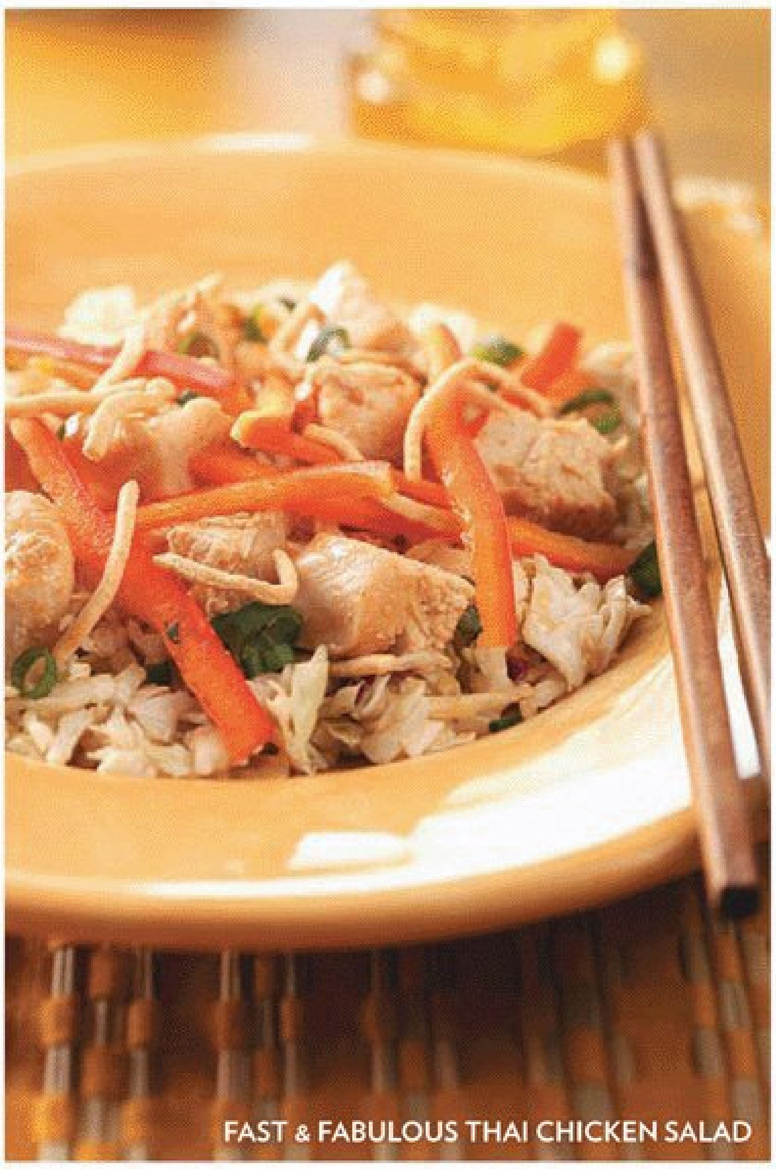
In a large bowl, combine coleslaw mix and salad dressing. Transfer to a serving platter. Combine chicken and peanut sauce; place over coleslaw mixture. Top with red pepper, noodles and onions. Serve immediately.

MORE!

For more swift dinner options, ready in 30 minutes or less, visit **tasteofhome.com/30**



TURKEY & FRUIT SALAD



FAST & FABULOUS THAI CHICKEN SALAD

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COOKING FOR GRANDMA

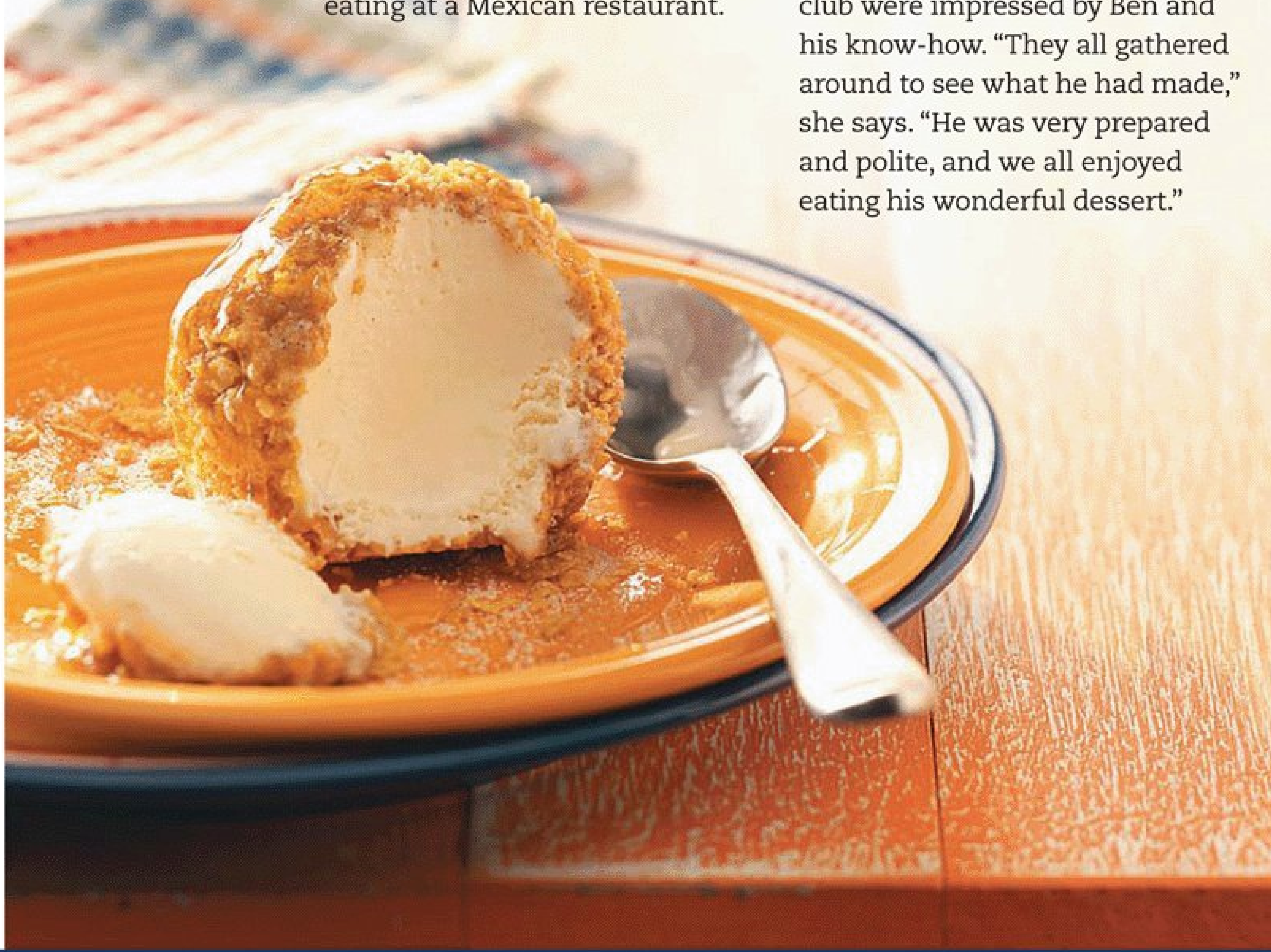
When company's coming, Ben gets cooking!

Ben Phipps, 10, heard that his grandma and her women's club were coming to visit. So the budding foodie wanted to make the ladies something sweet to eat.

He decided on his Mexican Ice Cream. Ben, who also loves making fried pickles and doughnuts, dreamed up the recipe after eating at a Mexican restaurant.

"The dessert was really good, so I thought I'd try to make it at home," says Ben. "It was a little scary making it for a lot of people, but I got comments like, 'This is good' and 'I like this.'" Not surprisingly, that boosted his confidence.

Grandma Karen Phipps says she and the 10 other ladies from the club were impressed by Ben and his know-how. "They all gathered around to see what he had made," she says. "He was very prepared and polite, and we all enjoyed eating his wonderful dessert."



mexican ice cream

"I made this ice cream for my grandma and her friends, and they said it was so good." It's a simple recipe that's ideal for young kitchen helpers.

Ben Phipps // LIMA, OH

PREP: 20 MIN. + FREEZING
YIELD: 4 SERVINGS

- **2 cups vanilla ice cream**
- **1/2 cup frosted cornflakes, crushed**
- **1/4 cup sugar**
- **1 tsp. ground cinnamon**
- **1/4 cup honey**

Place four 1/2-cup scoops of ice cream on a waxed paper-lined baking sheet. Freeze for 1 hour or until firm.

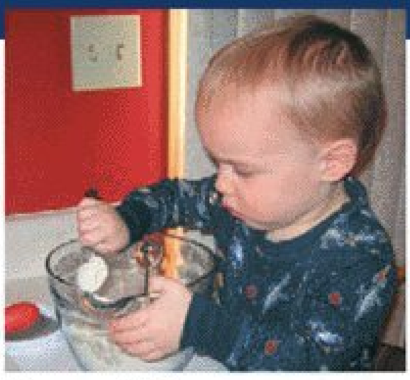
In a shallow bowl, combine the cornflake crumbs, sugar and cinnamon. Roll ice cream in crumb mixture to coat. Freeze until serving. Drizzle each serving with 1 tablespoon honey.

DO YOU HAVE A KID WHO COOKS? >> We'd love to see the kid-friendly recipes you make together, from healthy snacks to dinner and dessert. Send to **editors@tasteofhome.com.** Please put "Kids in the Kitchen" in the subject line.

Jackson Segner, 5
MARYSVILLE, OH

Maya Segner, 4
MARYSVILLE, OH

Kendle Weaver, 6
BALTIMORE, MD



Karsen Zeller, 1
BELTON, MO

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CATCH OF THE DAY

Get hooked on seafood with these delicious, good-for-you main dishes

halibut soft tacos

"This is one of my healthy summer favorites that is quick, colorful and full of nutrients. Sometimes I serve them wrapped in lettuce instead of tortillas."

Kristin Kossak // BOZEMAN, MT

PREP/TOTAL TIME: 25 MIN.
YIELD: 4 SERVINGS

1 medium mango, peeled and cubed
1/2 cup cubed avocado
1/4 cup chopped red onion
2 Tbsp. chopped seeded jalapeno pepper
1 Tbsp. minced fresh cilantro
3 tsp. olive oil, divided
1 tsp. lemon juice
1 tsp. honey
1 lb. halibut steaks (3/4 inch thick)
1/2 tsp. salt
1/4 tsp. pepper
4 Bibb lettuce leaves
4 flour tortillas (6 inches), warmed
4 tsp. sweet Thai chili sauce

In a small bowl, combine the mango, avocado, onion, jalapeno, cilantro, 2 teaspoons oil, lemon juice and honey; set aside. Brush halibut with remaining oil; sprinkle with salt and pepper.

Coat grill rack with cooking spray before starting the grill. Grill halibut, covered, over high heat or broil 3-4 in. from the heat for 3-5 minutes on each side or until fish flakes easily with a fork.

Place lettuce leaves on tortillas; top with fish and mango mixture. Drizzle with chili sauce.

EDITOR'S NOTE: When cutting hot peppers, disposable gloves are recommended. Avoid touching your face.

Nutrition Facts: 1 taco with 1/3 cup mango mixture equals 330 calories, 12 g fat (1 g saturated fat), 36 mg cholesterol, 648 mg sodium, 28 g carbohydrate, 2 g fiber, 28 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 1 fat.

MORE HEALTHY SEAFOOD ON PAGE 45

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someone who's got what you've got is out doing what you're not

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Generic name: montelukast (mon-te-LOO-kast) sodium

Read this information before you start taking SINGULAIR®. Also, read the leaflet you get each time you refill SINGULAIR, since there may be new information in the leaflet since the last time you saw it. This leaflet does not take the place of talking with your doctor about your medical condition and/or your treatment.

What is SINGULAIR*?

- SINGULAIR is a medicine called a leukotriene receptor antagonist. It works by blocking substances in the body called leukotrienes. Blocking leukotrienes improves asthma and allergic rhinitis. SINGULAIR is not a steroid. Studies have shown that SINGULAIR does not affect the growth rate of children. (See the end of this leaflet for more information about asthma and allergic rhinitis.)

SINGULAIR is prescribed for the treatment of asthma, the prevention of exercise-induced asthma, and allergic rhinitis:

1. **Asthma.**
   SINGULAIR should be used for the long-term management of asthma in adults and children ages 12 months and older.

   Do not take SINGULAIR for the immediate relief of an asthma attack. If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.
2. **Prevention of exercise-induced asthma.**
   SINGULAIR is used for the prevention of exercise-induced asthma in patients 15 years of age and older.
3. **Allergic Rhinitis.**
   SINGULAIR is used to help control the symptoms of allergic rhinitis (sneezing, stuffy nose, runny nose, itching of the nose). SINGULAIR is used to treat seasonal allergic rhinitis (outdoor allergies that happen part of the year) in adults and children ages 2 years and older, and perennial allergic rhinitis (indoor allergies that happen all year) in adults and children ages 6 months and older.

Who should not take SINGULAIR?

Do not take SINGULAIR if you are allergic to SINGULAIR or any of its ingredients.

The active ingredient in SINGULAIR is montelukast sodium.

See the end of this leaflet for a list of all the ingredients in SINGULAIR.

What should I tell my doctor before I start taking SINGULAIR?

Tell your doctor about:
- **Pregnancy**: If you are pregnant or plan to become pregnant, SINGULAIR may not be right for you.
- **Breast-feeding**: If you are breast-feeding, SINGULAIR may be passed in your milk to your baby. You should consult your doctor before taking SINGULAIR if you are breast-feeding or intend to breast-feed.
- **Medical Problems or Allergies**: Talk about any medical problems or allergies you have now or had in the past.
- **Other Medicines**: Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, and herbal supplements. Some medicines may affect how SINGULAIR works, or SINGULAIR may affect how your other medicines work.

How should I take SINGULAIR?

For adults and children 12 months of age and older with asthma:
- Take SINGULAIR once a day in the evening.
- Take SINGULAIR every day for as long as your doctor prescribes it, even if you have no asthma symptoms.
- You may take SINGULAIR with food or without food.
- If your asthma symptoms get worse, or if you need to increase the use of your inhaled rescue medicine for asthma attacks, call your doctor right away.
- **Do not take SINGULAIR for the immediate relief of an asthma attack.** If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.
- Always have your inhaled rescue medicine for asthma attacks with you.
- Do not stop taking or lower the dose of your other asthma medicines unless your doctor tells you to.

For patients 15 years of age and older for the prevention of exercise-induced asthma:
- Take SINGULAIR at least 2 hours before exercise.
- Always have your inhaled rescue medicine for asthma attacks with you.
- If you are taking SINGULAIR daily for chronic asthma or allergic rhinitis, do not take an additional dose to prevent exercise-induced asthma. Speak to your doctor about your treatment of exercise-induced asthma.
- Do not take an additional dose of SINGULAIR within 24 hours of a previous dose.

For adults and children 2 years of age and older with seasonal allergic rhinitis, or for adults and children 6 months of age and older with perennial allergic rhinitis:
- Take SINGULAIR once a day, at about the same time each day.
- Take SINGULAIR every day for as long as your doctor prescribes it.
- You may take SINGULAIR with food or without food.

How should I give SINGULAIR oral granules to my child?

Do not open the packet until ready to use.

SINGULAIR 4-mg oral granules can be given:
- directly in the mouth;
- dissolved in 1 teaspoonful (5 mL) of cold or room temperature baby formula or breast milk;
- mixed with a spoonful of one of the following soft foods at cold or room temperature: applesauce, mashed carrots, rice, or ice cream.

Be sure that the entire dose is mixed with the food, baby formula, or breast milk and that the child is given the entire spoonful of the food, baby formula, or breast milk mixture right away (within 15 minutes).

IMPORTANT: Never store any oral granules mixed with food, baby formula, or breast milk for use at a later time. Throw away any unused portion.

Do not put SINGULAIR oral granules in any liquid drink other than baby formula or breast milk. However, your child may drink liquids after swallowing the SINGULAIR oral granules.

What is the dose of SINGULAIR?

For asthma—Take once daily in the evening:
- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet or one packet of 4-mg oral granules for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 12 to 23 months of age.

For exercise-induced asthma—Take at least 2 hours before exercise, but not more than once daily:
- One 10-mg tablet for adults and adolescents 15 years of age and older

For allergic rhinitis—Take once daily at about the same time each day:
- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 2 to 5 years of age with seasonal allergic rhinitis, or for children 6 months to 5 years of age with perennial allergic rhinitis.

What should I avoid while taking SINGULAIR?

If you have asthma and if your asthma is made worse by aspirin, continue to avoid aspirin or other medicines called non-steroidal anti-inflammatory drugs while taking SINGULAIR.

What are the possible side effects of SINGULAIR?

The side effects of SINGULAIR are usually mild, and generally did not cause patients to stop taking their medicine. The side effects in patients treated with SINGULAIR were similar in type and frequency to side effects in patients who were given a placebo (a pill containing no medicine).

The most common side effects with SINGULAIR include:
- stomach pain
- stomach or intestinal upset
- heartburn
- tiredness
- fever
- stuffy nose
- cough
- flu
- upper respiratory infection
- dizziness
- headache
- rash

Less common side effects that have happened with SINGULAIR include:
- increased bleeding tendency
- allergic reactions [including swelling of the face, lips, tongue, and/or throat (which may cause trouble breathing or swallowing), hives and itching]
- drowsiness, pins and needles/numbness, seizures (convulsions or fits)
- palpitations
- nose bleed
- diarrhea, indigestion, inflammation of the pancreas, nausea, vomiting
- hepatitis
- bruising
- joint pain, muscle aches and muscle cramps
- swelling

Behavior and mood-related changes have been reported: agitation including aggressive behavior or hostility, bad/vivid dreams, depression, feeling anxious, hallucinations (seeing things that are not there), irritability, restlessness, sleep walking, suicidal thoughts and actions (including suicide), tremor, trouble sleeping. Tell your doctor if you experience behavior or mood-related changes while taking SINGULAIR.

Rarely, asthmatic patients taking SINGULAIR have experienced a condition that includes certain symptoms that do not go away or that get worse. These occur usually, but not always, in patients who were taking steroid pills by mouth for asthma and those steroids were being slowly lowered or stopped. Although SINGULAIR has not been shown to cause this condition, **you must tell your doctor right away if you get one or more of these symptoms**:
- a feeling of pins and needles or numbness of arms or legs
- a flu-like illness
- rash
- severe inflammation (pain and swelling) of the sinuses (sinusitis)

These are not all the possible side effects of SINGULAIR. For more information ask your doctor or pharmacist.

Talk to your doctor if you think you have side effects from taking SINGULAIR.

General Information about the safe and effective use of SINGULAIR

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use SINGULAIR for a condition for which it was not prescribed. Do not give SINGULAIR to other people even if they have the same symptoms you have. It may harm them. **Keep SINGULAIR and all medicines out of the reach of children.**

Store SINGULAIR at 25°C (77°F). Protect from moisture and light. Store in original package.

This leaflet summarizes information about SINGULAIR. If you would like more information, talk to your doctor. You can ask your pharmacist or doctor for information about SINGULAIR that is written for health professionals.

What are the ingredients in SINGULAIR?

Active ingredient: montelukast sodium

SINGULAIR chewable tablets contain aspartame, a source of phenylalanine.
Phenylketonurics: SINGULAIR 4-mg and 5-mg chewable tablets contain 0.674 and 0.842 mg phenylalanine, respectively.

Inactive ingredients:
- 4-mg oral granules: mannitol, hydroxypropyl cellulose, and magnesium stearate.
- 4-mg and 5-mg chewable tablets: mannitol, microcrystalline cellulose, hydroxypropyl cellulose, red ferric oxide, croscarmellose sodium, cherry flavor, aspartame, and magnesium stearate.
- 10-mg tablet: microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, hydroxypropyl cellulose, magnesium stearate, hydroxypropyl methylcellulose, titanium dioxide, red ferric oxide, yellow ferric oxide, and carnauba wax.

What is asthma?

Asthma is a continuing (chronic) inflammation of the bronchial passageways which are the tubes that carry air from outside the body to the lungs.

Symptoms of asthma include:
- coughing
- wheezing
- chest tightness
- shortness of breath

What is exercise-induced asthma?

Exercise-induced asthma, more accurately called exercise-induced bronchoconstriction occurs when exercise triggers symptoms of asthma.

What is allergic rhinitis?

- Seasonal allergic rhinitis, also known as hay fever, is triggered by outdoor allergens such as pollens from trees, grasses, and weeds.
- Perennial allergic rhinitis may occur year-round and is generally triggered by indoor allergens such as dust mites, animal dander, and/or mold spores.
- Symptoms of allergic rhinitis may include:
  - stuffy, runny, and/or itchy nose
  - sneezing

Rx only
US Patent No.: 5,565,473

Issued August 2009

Distributed by:
MERCK & CO., INC.
Whitehouse Station, NJ 08889, USA
20952846(41)(415)-SNG-CON

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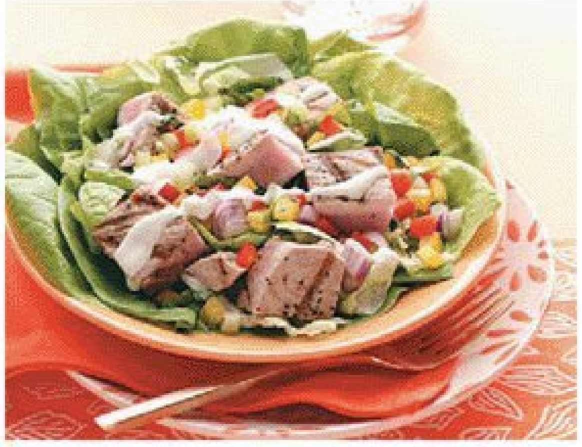

grilled tuna bibb salads

"This quick, refreshing salad is very tasty served with a French baguette or on toasted crackers."

Wolfgang Hanau
WEST PALM BEACH, FL

PREP/TOTAL TIME: 30 MIN.
YIELD: 4 SERVINGS

1 lb. tuna steaks (3/4 inch thick)
2 tsp. lime juice
1/4 tsp. salt
1/4 tsp. pepper
2 celery ribs
1 small sweet red pepper
1 small sweet yellow pepper
1 small red onion
4 cups torn Bibb or Boston lettuce
1/4 cup thinly sliced fresh basil leaves
1 tsp. minced fresh rosemary
Whole Bibb or Boston lettuce leaves
1/2 cup reduced-fat ranch salad dressing

Sprinkle tuna with lime juice, salt and pepper. Coat grill rack with cooking spray before starting the grill. For medium-rare, grill tuna, covered, over high heat for 3-4 minutes on each side or until slightly pink in the center. Cut into 1-in. pieces.

Finely chop the celery, peppers and onion; place in a large bowl. Add the torn lettuce, tuna, basil and rosemary; toss to combine.

Arrange lettuce leaves on four plates; top each with 2 cups tuna mixture. Drizzle with dressing.

Nutrition Facts: 2 cups salad with 2 tablespoons dressing equals 228 calories, 8 g fat (1 g saturated fat), 59 mg cholesterol, 513 mg sodium, 9 g carbohydrate, 2 g fiber, 28 g protein. **Diabetic Exchanges:** 4 lean meat, 1 vegetable, 1 fat.

citrus-marinated salmon

"This is the perfect dish to make for a speedy, healthy dinner. I prepare the marinade in the morning and put the salmon in when I get home from work—within 30 minutes, they're sizzling nicely on the grill."

taste of home fieldeditor Joan Hallford
NORTH RICHLAND HILLS, TX

PREP: 10 MIN. + MARINATING
GRILL: 5 MIN.
YIELD: 4 SERVINGS

3 Tbsp. orange juice
2 Tbsp. lemon juice
2 Tbsp. olive oil
4 tsp. reduced-sodium soy sauce
2 tsp. lime juice
3 red onion rings
2 garlic cloves
1 fresh thyme sprig
1 bay leaf
2 tsp. minced fresh gingerroot
1/8 tsp. fennel seed
1/8 tsp. coarsely ground pepper
4 salmon fillets (6 ounces each)

In a large resealable plastic bag, combine the first 12 ingredients. Add the salmon; seal bag and turn to coat. Refrigerate for 30 minutes, turning occasionally.

Coat grill rack with cooking spray before starting the grill. Drain and discard marinade. Grill salmon, covered, over high heat or broil 4 in. from the heat for 5-10 minutes or until fish flakes easily with a fork.

Nutrition Facts: 1 fillet equals 351 calories, 22 g fat (4 g saturated fat), 100 mg cholesterol, 202 mg sodium, 2 g carbohydrate, trace fiber, 34 g protein.

CITRUS-MARINATED SALMON

MORE!
Learn how to grill all kinds of seafood at **tasteofhome.com/seafoodgrillingchart**

www.WorldMags.net & www.Journal-Plaza.net

Did You Know?

Lack of water is a common cause of daytime fatigue. It can also cause headaches. So drink several glasses each day!

SUMMER SNACKIN'

School's out, and with time on their hands, your children might be reaching for a snack more often. Instead of cookies, candy, chips and cola, treat them to summer snacks that are actually good for them—and taste great, too! These healthy options come from *Taste of Home* Food Editor Pat Schmeling. Do her grandkids like 'em? "Absolutely!" she says.

- Put out bowls of cut-up fruit (cantaloupe, pineapple, berries, etc.), and let your kids make their own fruit kabobs.
- Pack small clusters of grapes into resealable plastic bags, and keep them in the refrigerator for a quick, cool snack.
- Make a smoothie with yogurt, a banana, additional fruit and a little milk, if needed.
- Toss together a trail mix with granola, raisins, nuts, sunflower seeds and mini chocolate chips.
- Spread peanut butter or honey on apple slices.
- Fill cut-up celery stalks with reduced-fat flavored cream cheese.

SALAD ALERT

Salad on the menu? They are a wonderful way to get more veggies and nutrients into your diet, but be aware: In terms of saturated fat and calories, some restaurant salads belong more on the dessert cart.

Take the Caesar Salad with Chicken at Cheesecake Factory, for example. It weighs in at 1,510 calories. And Taco Bell's Chicken Ranch Taco Salad packs in 910 calories. Sodium levels run rampant, too. There are 2,700 mg of sodium in Chili's Quesadilla Explosion Salad.

To help you select salads that are lean and healthy, the American Institute of Cancer Research offers these tips:

- Skip salads with cheese, bacon and fried chicken; stick with a vegetable-only side salad.
- Order low-fat dressing on the side and use just 1 or 2 tablespoons. Oil and vinegar is a good choice.
- Choose main-dish salads with lean protein, such as turkey, fish, hard-boiled egg or garbanzo beans.

Do your homework, too. You can find nutritional data for your favorite menu items on the Web sites of most national restaurant and fast-food chains.

C'MON, GET HAPPY!

While research on how food affects mood is ongoing, scientists agree that healthy and happy *do* go hand in hand. Eating a healthy breakfast and occasional healthy snacks helps stabilize your blood sugar and avoid anxiety-producing "sugar drops."

Improve your mental health further by adding whole grains to keep you calm and protein to boost your alertness.

BONE UP

It's well known that calcium plays a big role in preventing osteoporosis. Low-fat milk, cheese, yogurt and other dairy products help keep bones strong. So can calcium-fortified foods, such as orange juice and breakfast bars.

But there are some foods you might not think of that can help you get your recommended daily dose of calcium (1,300 mg for ages 9-18; 1,000 mg for ages 19-50; and 1,200 mg for ages 51 and older). Here are a few to keep in mind:

- Dry-roasted nuts, 1 oz. (80 mg)
- Dried figs, 10 (269 mg)
- Salmon, 3 to 4 oz. (225 mg)
- Great northern beans, canned, 1 cup (139 mg)
- Oatmeal, apples and cinnamon flavor (104 mg)

Remember to spread calcium-rich foods over the entire day. Doing this allows your body to absorb it better. And add some weight-bearing exercises to your daily regime. Your bones will love it.

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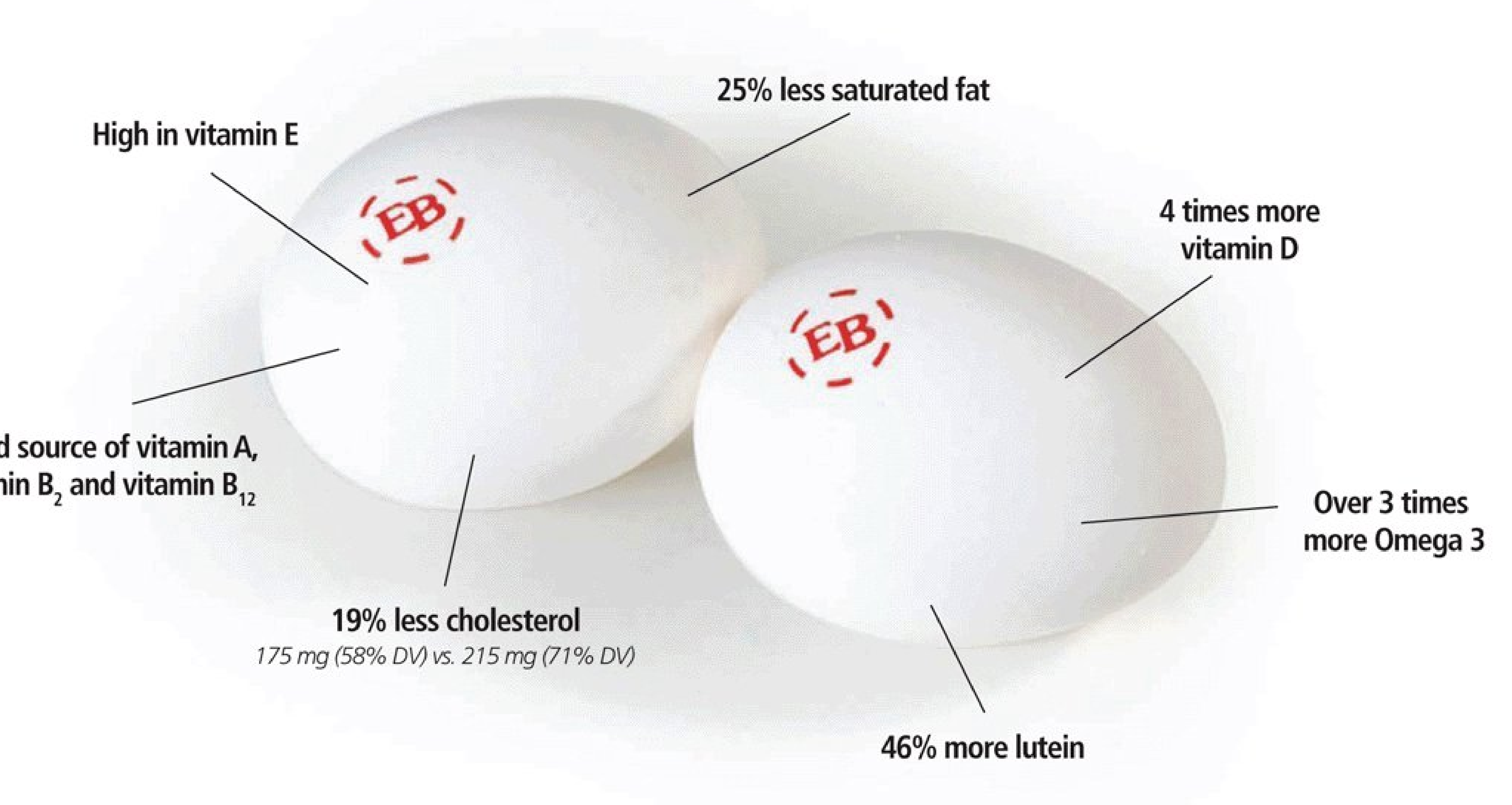
Compared to ordinary eggs:



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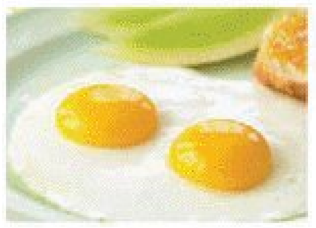
www.eggland.com

THE BETTER EGG



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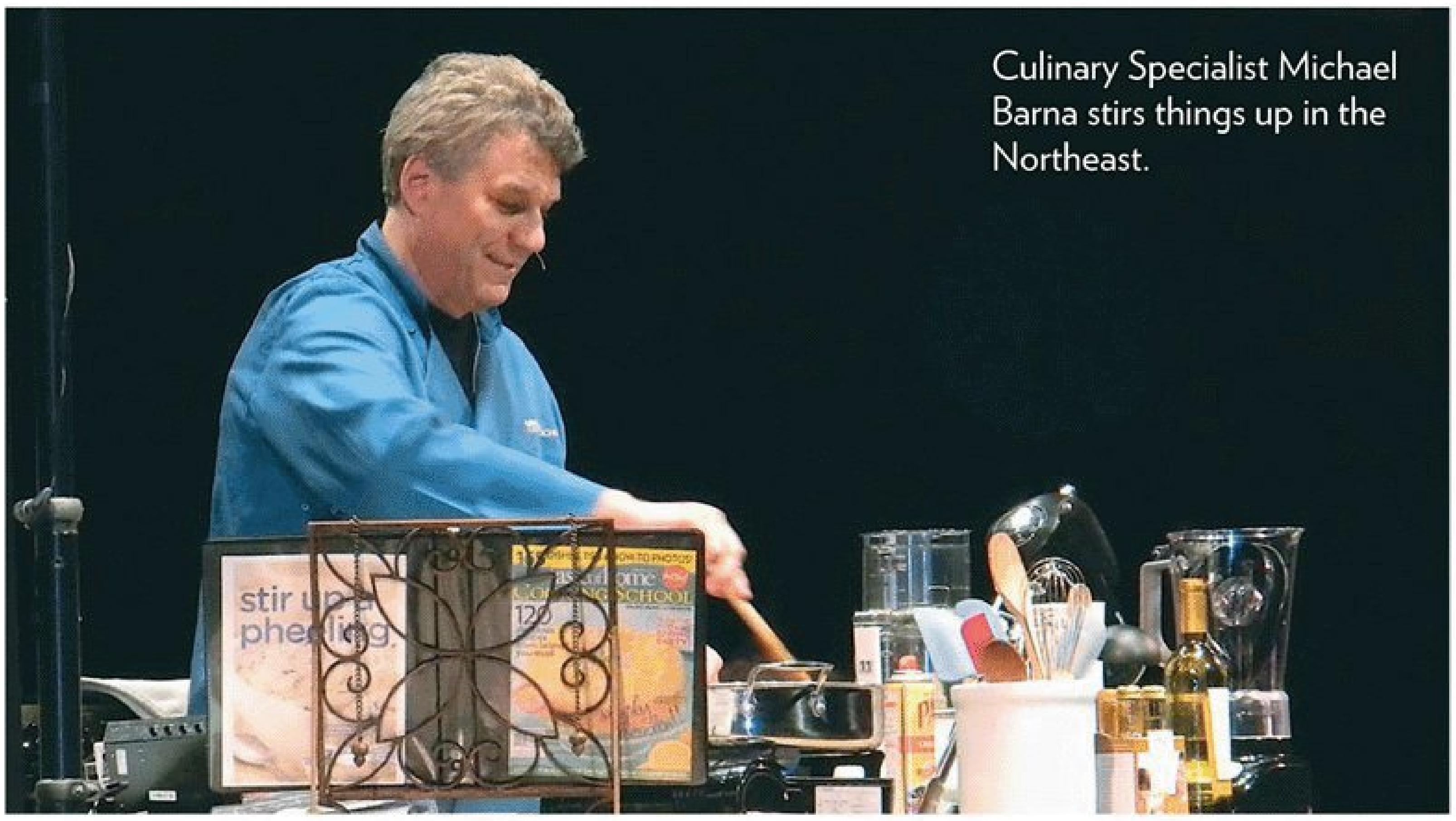
COOK SMART

cooking school

Dana Elliott
CULINARY SPECIALIST

BEST IN SHOW

Cooking School winds up a winning season full of food, fun and freebies



Culinary Specialist Michael Barna stirs things up in the Northeast.

School is out for the summer, but the Taste of Home Cooking School staff is still talking about our successful spring season. The turnout was great and the crowds were fantastic.

Fans of our Cooking Schools know just how much fun they are, from the preshow expos with samples and drawings to the ever-popular goodie bags and, of course, the delicious recipes prepared on stage.

The Culinary Specialists keep things lively, telling stories of their own kitchen disasters and sharing helpful tips, such as storing chopped apples in 7UP.

There are always some giggles, and often, unexpected surprises. In Middleport, OH, for instance, Culinary Specialist Cheryl Cohen was escorted on stage by a frog. And you never know when a Culinary Specialist will run into the audience to hand out door prizes!

As one woman wrote to us: “What a fun evening! Good friends, good food samples and good recipes.”

advertisement

get ready to
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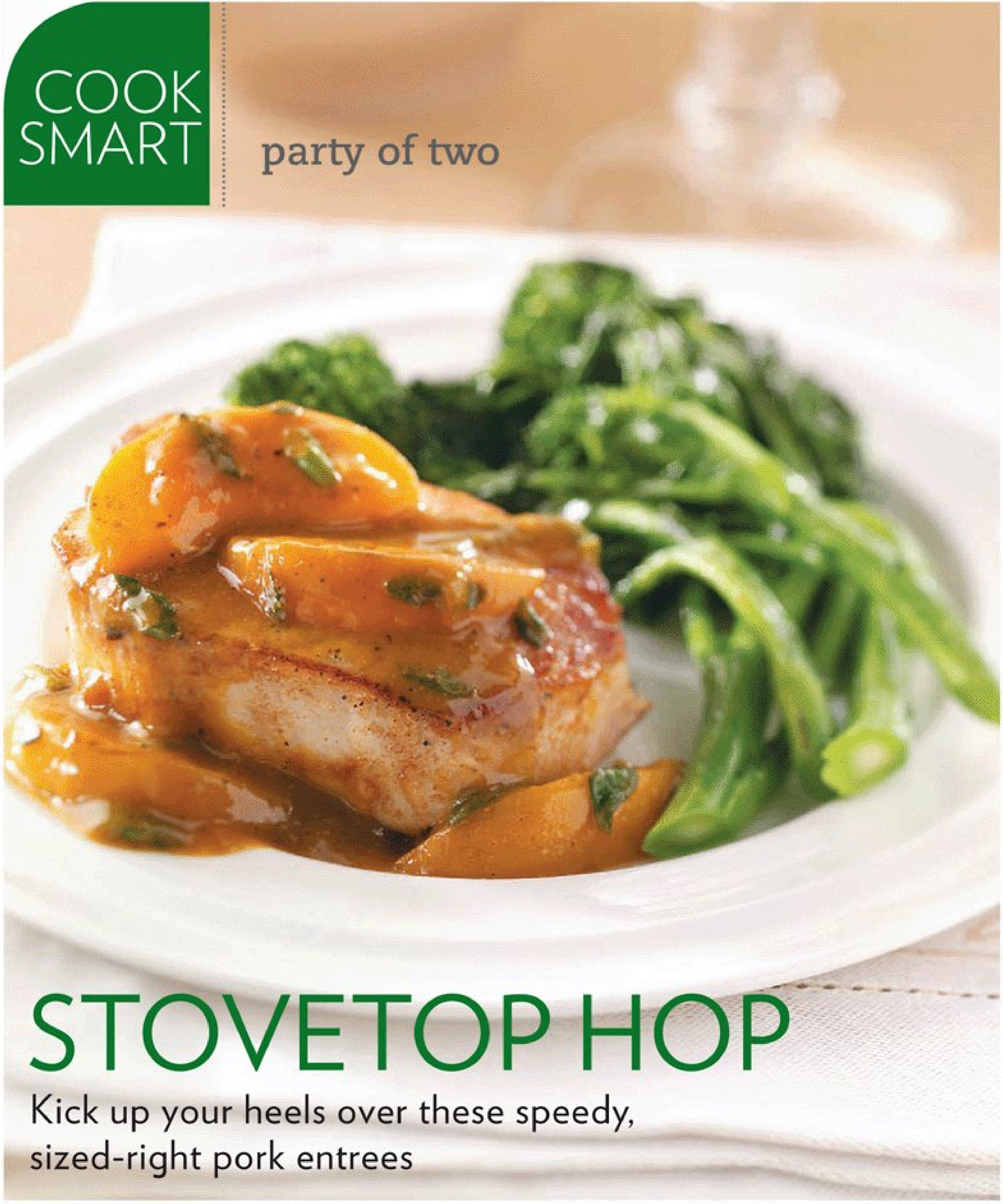
COOK SMART

party of two



STOVETOP HOP

Kick up your heels over these speedy, sized-right pork entrees

curried apricot pork chops

A fresh fruit glaze that's both sweet and savory drapes these tender chops. They're pretty enough to serve for a special night in.

taste of home fieldeditor **Trisha Kruse**
EAGLE, ID

PREP/TOTAL TIME: 30 MIN.
YIELD: 2 SERVINGS

2 Tbsp. apricot nectar

1 Tbsp. plus 1-1/2 tsp. apricot preserves

1 Tbsp. Dijon mustard

1 Tbsp. reduced-sodium soy sauce

1 tsp. curry powder

2 boneless pork loin chops (5 oz. each)

1/8 tsp. salt

1/8 tsp. pepper

1-1/2 tsp. canola oil

1/2 cup sliced fresh apricots

2 green onions, sliced

In a small bowl, combine the first five ingredients; set aside.

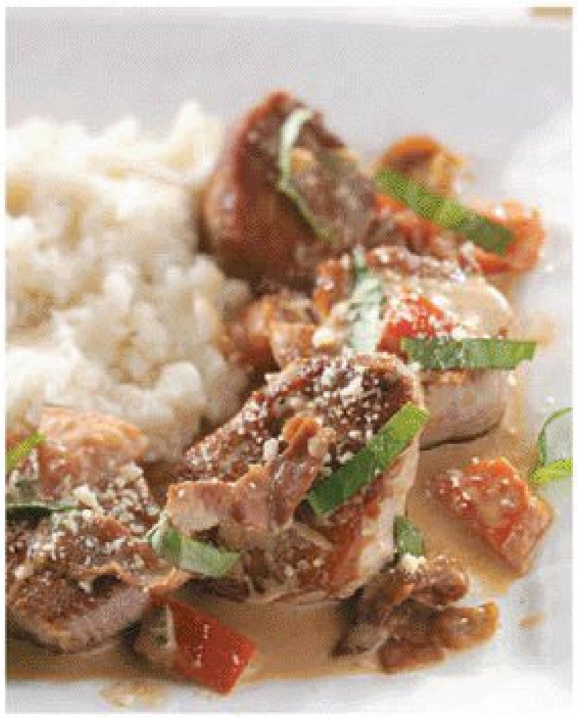
Sprinkle pork chops with salt and pepper. In a small nonstick skillet, cook chops in oil for 5-7 minutes on each side or until a meat thermometer reads 160°. Remove and set aside.

Add apricots and onions to the pan; cook and stir for 2 minutes. Stir in nectar mixture. Return pork chops to the pan and heat through, spooning the sauce over the top. Cook until slightly thickened.

Nutrition Facts: 1 pork chop with 1/3 cup sauce equals 306 calories, 12 g fat (3 g saturated fat), 68 mg cholesterol, 679 mg sodium, 20 g carbohydrate, 2 g fiber, 29 g protein. **Diabetic Exchanges:** 4 lean meat, 1 starch, 1 fat.

MORE!

For more recipes for two, sign up for the free Cooking for 2 E-newsletter at **tasteofhome.com/for2newsletter**



tuscan pork medallions

These beautifully browned, Italian-flavored slices are quick enough for weeknight meals yet will impress your guest.

Lorraine Caland
THUNDER BAY, ON

PREP/TOTAL TIME: 30 MIN.
YIELD: 2 SERVINGS

3/4 lb. pork tenderloin, cut into 1-in. slices

1/4 tsp. salt

1/8 tsp. pepper

1 Tbsp. butter

2 thin slices prosciutto or deli ham, chopped

2 garlic cloves, minced

1-1/2 tsp. minced fresh sage or 1/2 tsp. dried sage leaves

2 Tbsp. balsamic vinegar

1/2 cup heavy whipping cream

3/4 cup chopped plum tomatoes

4 fresh basil leaves, thinly sliced

1 tsp. grated Parmesan cheese

Sprinkle pork with salt and pepper. In a large skillet over medium heat, cook pork in butter until no longer pink. Remove; set aside.

In the same skillet, saute prosciutto in the drippings until browned. Add garlic and sage; cook 1 minute longer. Add vinegar, stirring to loosen browned bits from pan.

Stir in the cream; bring to a boil. Reduce heat; cook and stir for 1-2 minutes or until slightly thickened. Add tomatoes and pork; heat through. Sprinkle each serving with basil and cheese.

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CONTEST WINNERS!

CHICKEN CHAMPS

Family-pleasing meals often start with chicken for good reason: You can bake it, broil it, grill it, roast it, fry it. You can dress it up with a crumb coating, tangy marinade, savory sauce or an aromatic herbal rub. This is one versatile supper staple! The winning recipes in our recent Chicken Champs contest prove just how delicious and convenient this entree can be.

YOU COULD BE NEXT!
TURN THE PAGE TO ENTER OUR NEXT RECIPE CONTESTS »

THE WINNERS ARE...

GRAND PRIZE—$500
Audrey Kinne // ELKHART, IN

2ND PLACE—$300
Lisa Hundley // ABERDEEN, NC

3RD PLACE—$150
Rebekah Radewahn // WAUWATOSA, WI

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ENTER OUR NEXT CONTESTS

SOUTHWEST FOODS

Some may consider it exotic, but this Americanized version of Mexican food has become a staple on supper tables everywhere. So what winning Southwestern dishes do you make?

Send us your...

- Burritos, fajitas, tacos and casseroles
- Fresh taco salads and tortilla soup
- Show-stopping desserts and festive drinks

ENTRY DEADLINE IS
August 1, 2010

Winners will be announced in the April/May 2011 issue.

SUMMER COOKOUT

The air is warm, the sun is shining and the coals are red hot. Now, all we need are your best grilled recipes for summer cookouts.

Foods such as...

- Grilled meat, fish and poultry—marinated, seasoned, or in kabobs and main dish salads
- Side-dish staples from corn on the cob and veggie medleys to grilled potato salad
- Grilled fruit desserts, including bananas, pineapple and fruit kabobs

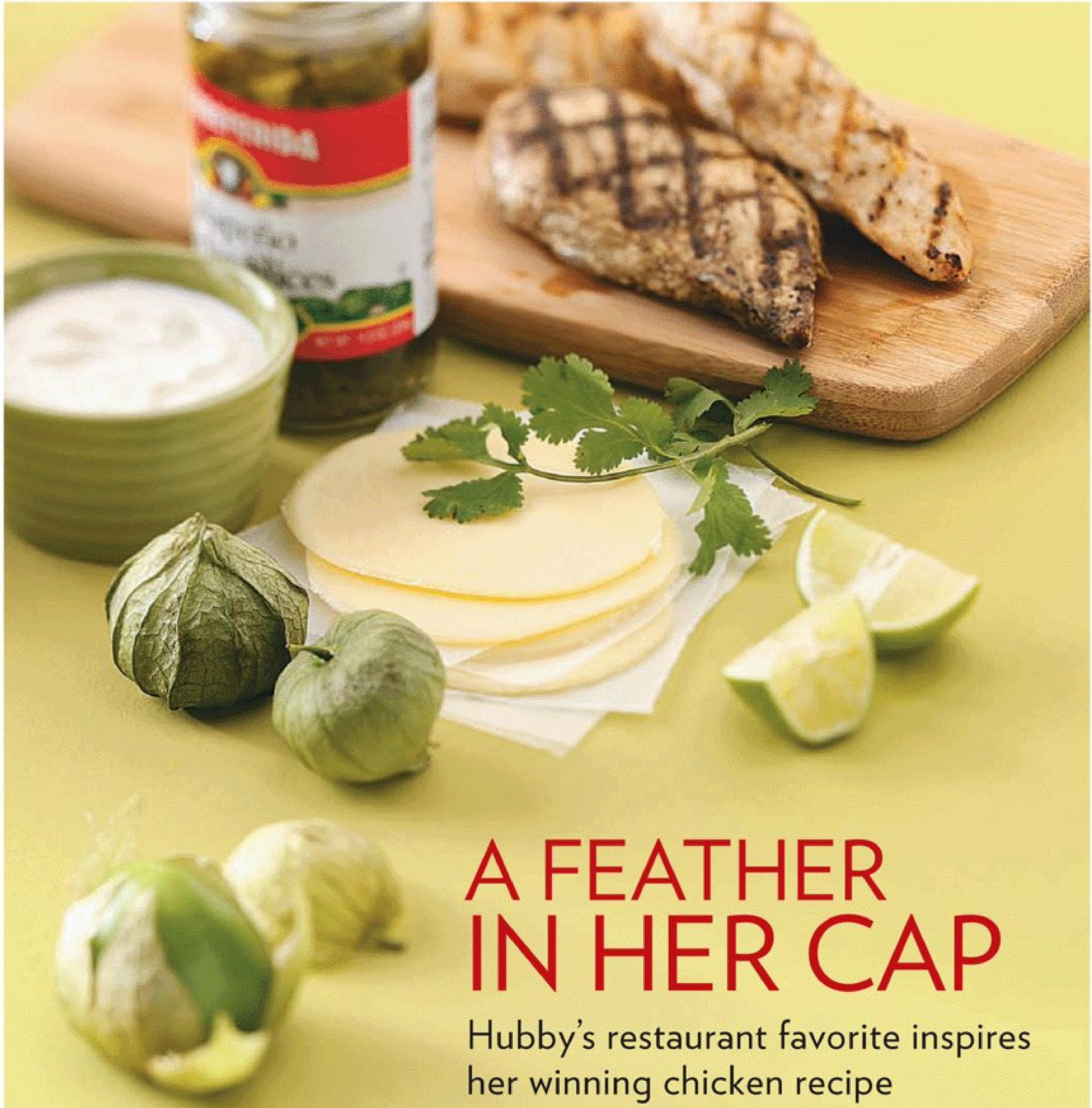
Let your creative juices run wild!

ENTRY DEADLINE IS
September 15, 2010

Winners will be announced in the June/July 2011 issue.

YOU COULD WIN $500!

Enter today at **tasteofhome.com/recipecontests**



A FEATHER IN HER CAP

Hubby's restaurant favorite inspires her winning chicken recipe

AUDREY'S TIP
Don't forget the tortilla chips and salsa to serve on the side.

Chicken shows up often on **Audrey Kinne**'s dinner table. "I use chicken breasts in casseroles, in Mexican and Italian dishes, and for frying. But grilled chicken is our favorite," says the Elkhart, IN homemaker.

So, when her husband, David, noticed that his favorite grilled entree at a local Mexican restaurant was no longer on the menu, he asked Audrey if she could duplicate it.

"I was close on my first try," she recalls, but continued to experiment until she perfected her Grilled Tomatillo Chicken. It was a hit with David. The recipe wowed *Taste of Home* judges, too, when Audrey entered it in our Chicken Champs contest. Tomatillos, jalapenos, lime juice and cilantro give it a deliciously zippy, south-of-the-border flair.

"I discovered cilantro while in Costa Rica during college. Now, I use it often and add it to almost all my Mexican dishes," Audrey says. "This recipe is best with grilled chicken breast, but you can use oven- or skillet-fried chicken instead."

David, who's a carpet installer, is the grilling expert in the family, so he usually prepares the chicken for this dish. Their son, Gabriel, 3-1/2, likes to help in the kitchen, too.

Audrey works part-time from home as a bookkeeper, which allows her to practice her cooking skills. "I was raised a Mennonite and have Amish ancestors, so my cooking is somewhat influenced by my background.

"David and I have been married for 8 years, and he says my cooking has improved tremendously—especially in the past 2 years of receiving *Taste of Home*. Winning this contest proves I'm making progress!"

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grilled tomatillo chicken

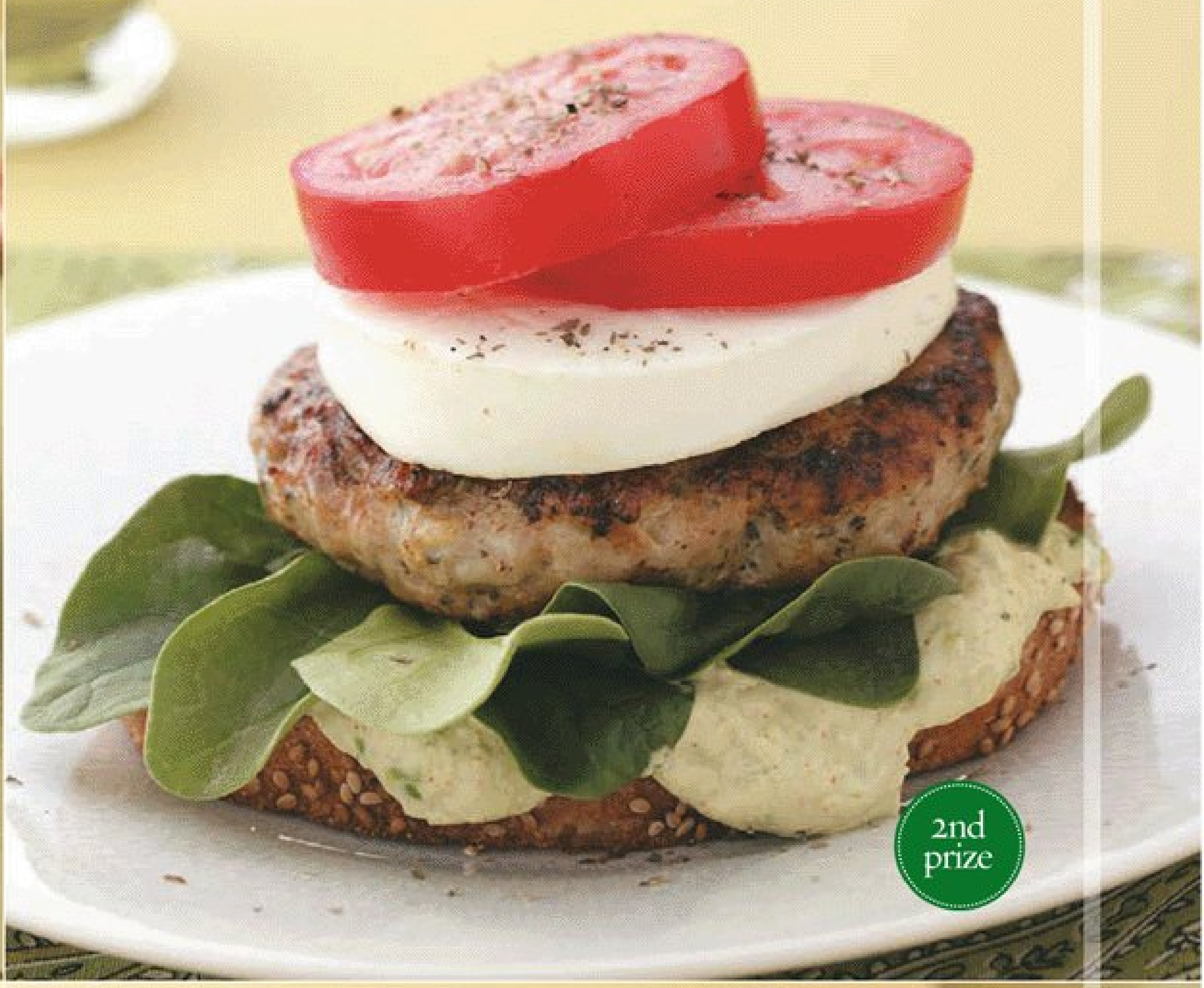
Audrey Kinne // ELKHART, IN

This winning dish gets its flavorful kick from a tomatillo mixture jazzed up with lime juice, cilantro and jalapeno. Serve with rice and sour cream for a memorable meal.

open-faced chicken avocado burgers

Lisa Hundley // ABERDEEN, NC

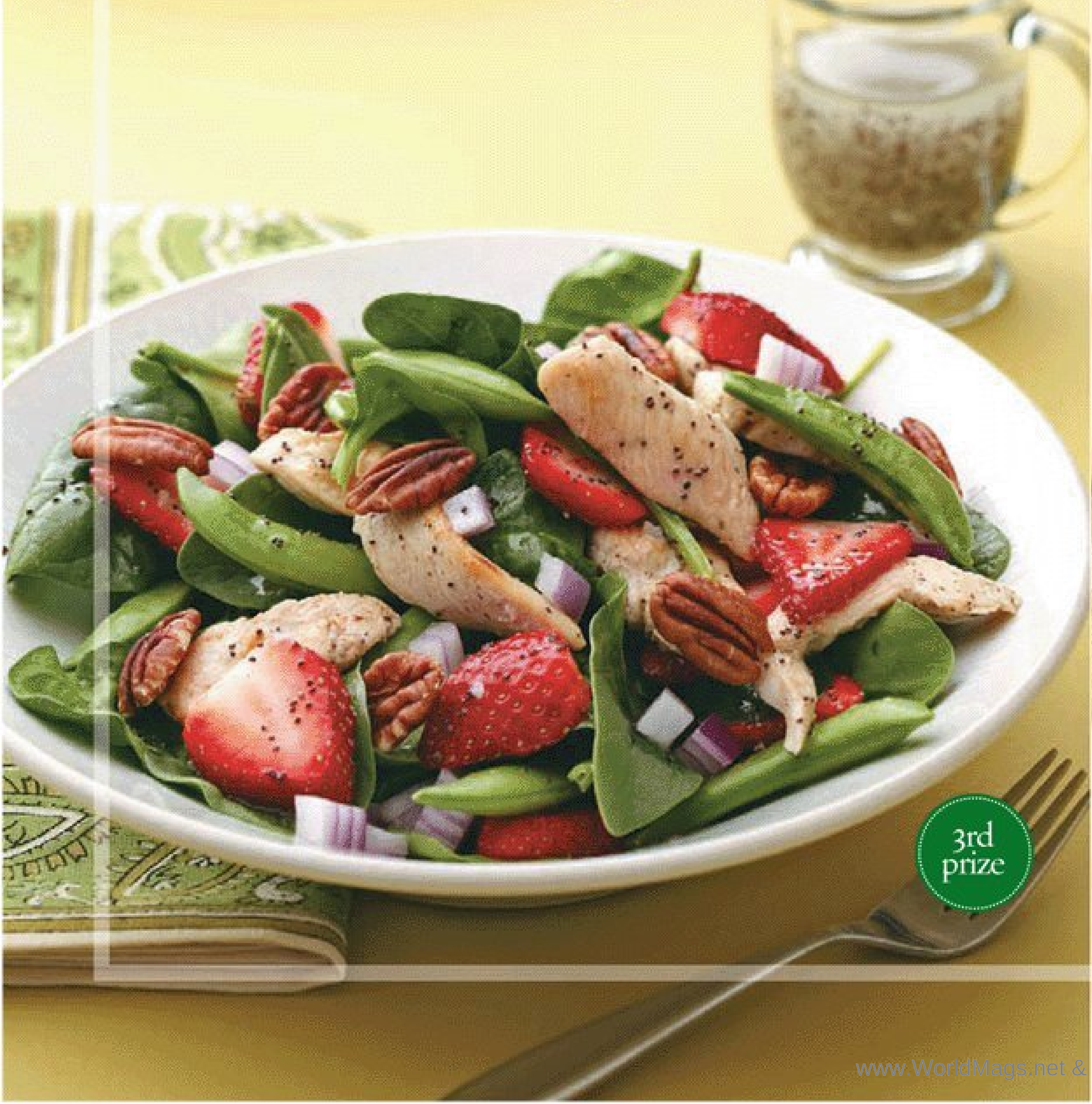
"A creamy avocado spread and thick slices of fresh mozzarella and tomato dress up these patties. They're wonderful with buttered boiled potatoes or a salad."



poppy seed chicken salad

Rebekah Radewahn // WAUWATOSA, WI

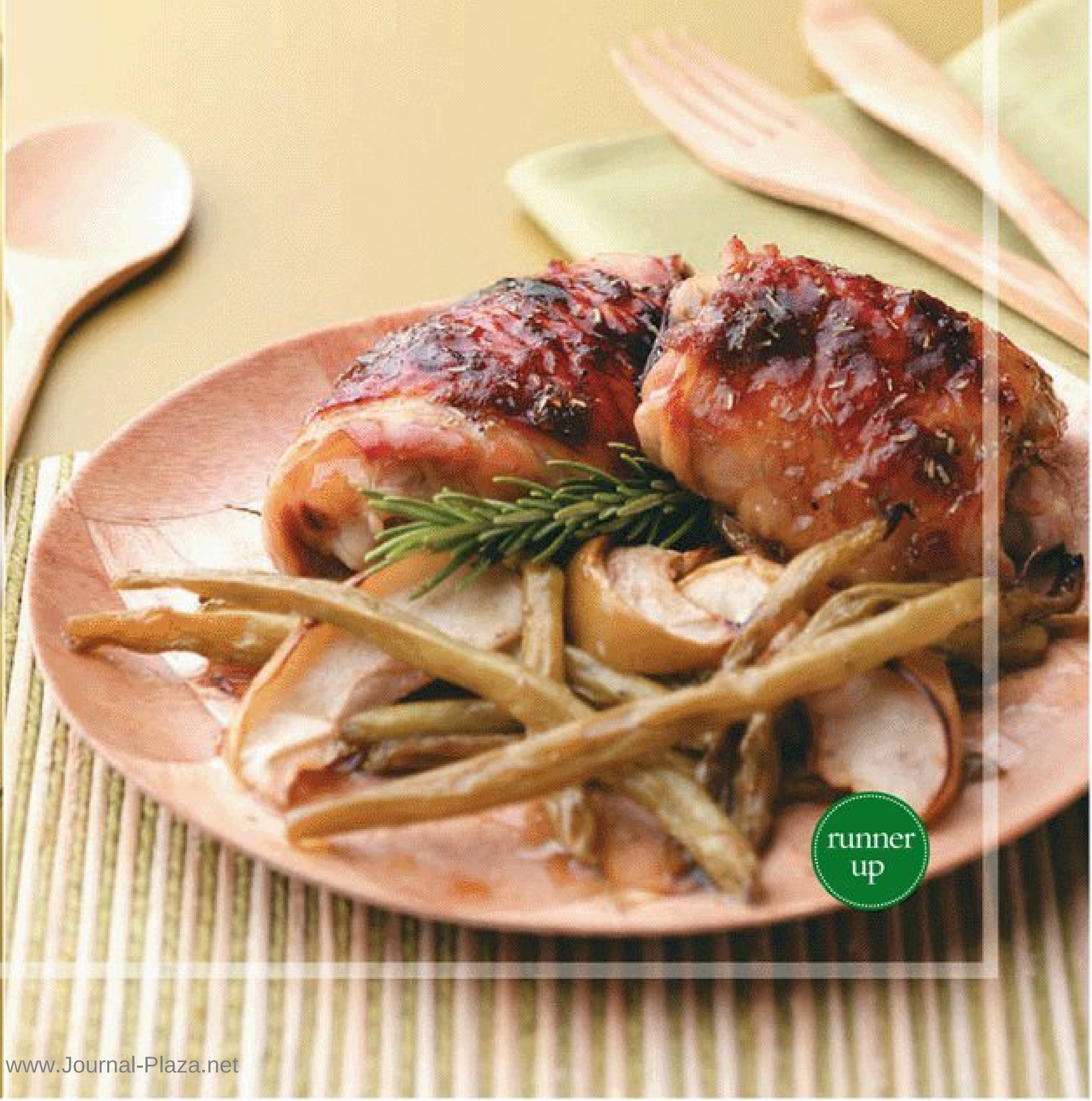
Juicy berries, crisp sugar snap peas and crunchy pecans complement the lime-marinated chicken in this pretty salad. The homemade dressing is simply delicious.



apple-brined chicken thighs

Kathy Rairigh // MILFORD, IN

"I love the flavor of chicken baked with apples, and when I had a bumper crop of green beans, I wanted to include them, too. This recipe is the tasty result."



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OPEN-FACED CHICKEN // AVOCADO BURGERS

PREP: 30 MIN. COOK: 15 MIN.
YIELD: 4 SERVINGS + 1/4 CUP LEFTOVER SPREAD

- 1 Tbsp. lemon juice
- 1/4 tsp. Worcestershire sauce
- 1/2 medium ripe avocado, peeled
- 1/2 cup mayonnaise
- 1/4 cup sour cream
- 4 green onions, coarsely chopped
- 1/2 tsp. salt
- 1/2 tsp. cayenne pepper

BURGERS:

- 1/4 cup shredded Parmesan cheese
- 2 Tbsp. prepared pesto
- 3 garlic cloves, minced
- 1/4 tsp. salt
- 1 lb. ground chicken
- 4 Tbsp. olive oil, divided
- 1/2 lb. fresh mozzarella cheese, cut into 4 slices
- 4 slices Italian bread (3/4 in. thick)
- 2 cups fresh arugula or fresh baby spinach
- 8 slices tomato
- 1/4 tsp. dried basil
- 1/4 tsp. pepper

In a blender, combine the first eight ingredients; cover and process until smooth. Chill until serving. For burgers, in a small bowl, combine the Parmesan cheese, pesto, garlic and salt. Crumble chicken over mixture and mix well. Shape into four patties.

In a large skillet over medium heat, cook burgers in 2 Tbsp. oil for 5-7 minutes on each side or until a meat thermometer reads 165° and juices run clear. Top with cheese; cover and cook 1 minute longer.

Meanwhile, brush bread with remaining oil; place on a baking sheet. Broil 3-4 in. from the heat for 1-2 minutes on each side or until toasted.

Spread each slice of toast with 2 Tbsp. avocado spread (refrigerate remaining spread for another use). Top with arugula, a burger and sliced tomato. Sprinkle with basil and pepper.

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GRILLED TOMATILLO // CHICKEN

PREP: 25 MIN. GRILL: 10 MIN.
YIELD: 4 SERVINGS

- 4 boneless skinless chicken breast halves (6 oz. each)
- 4 slices provolone cheese
- 1 medium onion, chopped
- 1 Tbsp. olive oil
- 6 tomatillos, husks removed, chopped
- 1/4 cup lime juice
- 6 pickled jalapeno slices, chopped
- 1 garlic clove, minced
- 1/4 cup minced fresh cilantro
- 1 tsp. ground cumin
- 1/2 tsp. salt
- 1/4 tsp. pepper
- Hot cooked rice
- Sour cream, optional

If grilling the chicken, coat grill rack with cooking spray before starting the grill. Grill chicken, covered, over medium heat or broil 4 in. from the heat for 4-7 minutes on each side or until a meat thermometer reads 170°. Top with cheese; cook 1 minute longer or until cheese is melted.

In a large skillet, saute onion in oil until tender. Add the tomatillos, lime juice, jalapenos and garlic; cook 3 minutes longer. Stir in the cilantro, cumin, salt and pepper. Serve tomatillo mixture and chicken with rice; dollop with sour cream if desired.

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APPLE-BRINED // CHICKEN THIGHS

PREP: 30 MIN. + CHILLING BAKE: 55 MIN.
YIELD: 5 SERVINGS

- 3 cups apple cider or juice
- 1 medium onion, sliced
- 1 medium lemon, sliced
- 4 fresh rosemary sprigs
- 1/3 cup kosher salt
- 1/2 cup packed brown sugar, divided
- 4 garlic cloves, minced
- 1 bay leaf
- 1 tsp. whole peppercorns
- 2 cups cold water
- 10 bone-in chicken thighs (about 3-3/4 lbs.)
- One 2-gallon resealable plastic bag
- 1 lb. fresh green beans, trimmed
- 3 medium tart apples, cut into wedges
- 1 Tbsp. minced fresh rosemary or 1 tsp. dried rosemary, crushed
- 1 Tbsp. olive oil
- 1/4 tsp. pepper

In a Dutch oven, combine the cider, onion, lemon, rosemary sprigs, salt, 1/4 cup brown sugar, garlic, bay leaf and peppercorns. Bring to a boil. Cook and stir until salt and brown sugar are dissolved. Remove from the heat; stir in water. Cool brine to room temperature.

Place chicken in the 2-gallon resealable plastic bag. Carefully pour cooled brine into bag. Squeeze out as much air as possible; seal bag and turn to coat. Place in a roasting pan. Refrigerate for 2 hours, turning occasionally.

Place beans and apples in a greased roasting pan. Drain chicken; place in prepared pan. Bake, uncovered, at 400° for 40 minutes.

Combine the minced rosemary, oil, pepper and remaining brown sugar; sprinkle over chicken. Bake 15-25 minutes longer or until a meat thermometer reads 180° and beans are tender.

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POPPY SEED // CHICKEN SALAD

PREP: 30 MIN. + MARINATING COOK: 15 MIN.
YIELD: 4 SERVINGS + 1 CUP LEFTOVER DRESSING

- 3 Tbsp. thawed limeade concentrate
- 1/4 tsp. pepper
- 3/4 lb. boneless skinless chicken breasts, cut into thin strips
- 1 Tbsp. canola oil

DRESSING:

- 1/2 cup white vinegar
- 1/3 cup sugar
- 1 tsp. dried minced onion
- 1 tsp. ground mustard
- 1/2 tsp. salt
- 1 cup canola oil
- 1 Tbsp. poppy seeds

SALAD:

- 1 pkg. (6 oz.) fresh baby spinach
- 2 cups sliced fresh strawberries
- 1 cup fresh sugar snap peas, trimmed
- 1 small red onion, chopped
- 1/2 cup pecan halves, toasted

In a large resealable plastic bag, combine limeade concentrate and pepper. Add the chicken; seal bag and turn to coat. Refrigerate for 2 hours.

Drain and discard marinade. In a large skillet, saute chicken in oil until no longer pink.

Meanwhile, in a blender, combine the vinegar, sugar, onion, mustard and salt. While processing, gradually add oil in a steady stream. Stir in poppy seeds.

Divide spinach among four salad plates; top with strawberries, peas, onion and chicken. Drizzle each serving with 2 Tbsp. dressing; sprinkle with pecans. Serve immediately. Refrigerate leftover dressing.

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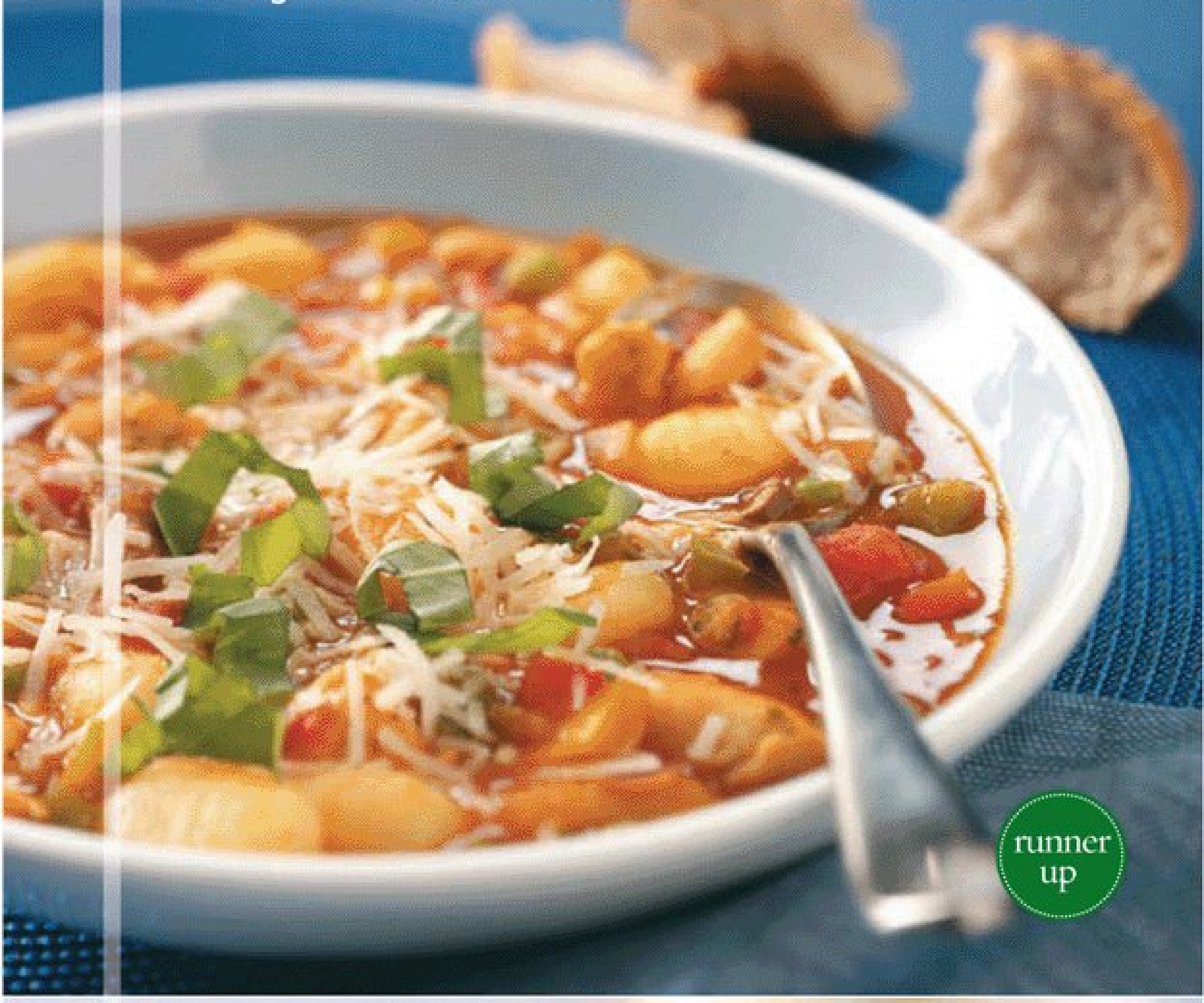
gnocchi chicken minestrone

Barbara Estabrook // RHINELANDER, WI

"The inspiration for this chunky soup comes from my Italian heritage—my mom was a wonderful soup maker. Frozen gnocchi saves time and adds extra heartiness."



chicken dijon & couscous

Susan Marshall // COLORADO SPRINGS, CO

"After I created this savory entree, it quickly became a family favorite. It can be served with rice or other pasta, but try couscous for something different."

caprese chicken with bacon

Tammy Hayden // QUINCY, MI

Smoky bacon, fresh basil, ripe tomatoes and gooey mozzarella top these appealing chicken breasts. The aroma as they bake is irresistible!

curried chicken shepherd's pie

Lori Lockrey // SCARBOROUGH, ON

Use leftover mashed potatoes to crown this comforting casserole. The creamy chicken-and-veggie mixture is mildly seasoned with curry to please almost any palate.

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CHICKEN DIJON // & COUSCOUS

PREP: 20 MIN. BAKE: 20 MIN.
YIELD: 4 SERVINGS

- 4 boneless skinless chicken breast halves (6 oz. each)
- 1/2 cup white wine or chicken broth
- 2 tsp. minced fresh tarragon or 1/2 tsp. dried tarragon
- 1/8 tsp. pepper

COUSCOUS:
- 1-1/2 cups water
- 1 cup uncooked couscous
- 1 Tbsp. butter
- 1 tsp. chicken bouillon granules
- 1 tsp. minced fresh tarragon or 1/4 tsp. dried tarragon

SAUCE:
- 1 Tbsp. butter
- 3 Tbsp. all-purpose flour
- 1/2 tsp. salt
- 3/4 cup 2% milk
- 1/3 cup reduced-fat sour cream
- 2 Tbsp. Dijon mustard

Place chicken in an ungreased 11-in. x 7-in. baking dish. Pour wine over chicken; sprinkle with tarragon and pepper. Cover and bake for 15 minutes. Uncover; bake 5-10 minutes longer or until a meat thermometer reads 170°. Remove chicken and keep warm, reserving the pan juices.

For couscous, in a small saucepan, bring water to a boil. Stir in the couscous, butter, bouillon granules and tarragon. Remove from the heat; cover and let stand for 5-10 minutes or until liquid is absorbed. Fluff with a fork.

For sauce, in a small saucepan, melt butter. Stir in flour and salt until smooth; gradually add milk and pan juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in sour cream and mustard. Serve with chicken and couscous.

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GNOCCHI CHICKEN // MINESTRONE

PREP: 30 MIN. COOK: 30 MIN.
YIELD: 8 SERVINGS (2-3/4 QT.)

- 1-1/4 lbs. chicken tenderloins, cut into 1/2-in. pieces
- 3/4 tsp. dried oregano
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 2 Tbsp. olive oil, divided
- 1 each small green, sweet red and yellow peppers, finely chopped
- 1 medium zucchini, finely chopped
- 1 cup chopped fresh baby portobello mushrooms
- 1/3 cup chopped red onion
- 1/3 cup chopped prosciutto or deli ham
- 4 garlic cloves, minced
- 2 cans (14-1/2 oz. each) chicken broth
- 1 can (14-1/2 oz.) Italian diced tomatoes, undrained
- 3/4 cup canned white kidney or cannellini beans, rinsed and drained
- 1/2 cup frozen peas
- 3 Tbsp. tomato paste
- 1 pkg. (16 oz.) potato gnocchi
- 1/2 cup shredded Asiago cheese
- 8 fresh basil leaves, thinly sliced

Sprinkle chicken with oregano, salt and pepper. In a Dutch oven, saute chicken in 1 Tbsp. oil until no longer pink. Remove from pan and set aside.

In the same pan, cook the peppers, zucchini, mushrooms and onion in remaining oil until tender. Add prosciutto and garlic; cook 1 minute longer. Add the broth, tomatoes, beans, peas, tomato paste and chicken. Bring to a boil. Reduce heat; simmer, uncovered, for 20 minutes, stirring occasionally.

Meanwhile, cook gnocchi according to package directions. Drain; stir into soup. Garnish each serving with cheese and basil.

Editor's Note: Look for potato gnocchi in the pasta or frozen foods section.

CURRIED CHICKEN // SHEPHERD'S PIE

PREP: 25 MIN. BAKE: 25 MIN.
YIELD: 4 SERVINGS

- 1 large onion, chopped
- 2 celery ribs, chopped
- 3 Tbsp. butter, divided
- 1 cup frozen peas and carrots
- 3 Tbsp. all-purpose flour
- 1 tsp. curry powder
- 1-1/2 cups reduced-sodium chicken broth
- 1/2 cup 2% milk
- 2 cups cubed cooked chicken
- 2 Tbsp. dried parsley flakes
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 2 cups mashed potatoes (with added milk and butter)
- 1/4 tsp. paprika

In a large skillet, saute onion and celery in 1 Tbsp. butter until tender. Add frozen vegetables and remaining butter; cook 2 minutes longer.

Stir in flour and curry powder until blended; gradually add broth and milk. Bring to a boil; cook and stir for 1 minute or until thickened. Add the chicken, parsley, salt and pepper.

Transfer to a greased 2-qt. baking dish. Top with potatoes; sprinkle with paprika. Bake, uncovered, at 350° for 25-30 minutes or until heated through.

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CAPRESE CHICKEN // WITH BACON

PREP: 20 MIN. BAKE: 20 MIN.
YIELD: 4 SERVINGS

- 8 bacon strips
- 4 boneless skinless chicken breast halves (6 oz. each)
- 1 Tbsp. olive oil
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 2 plum tomatoes, sliced
- 6 fresh basil leaves, thinly sliced
- 4 slices part-skim mozzarella cheese

Place bacon in an ungreased 15-in. x 10-in. x 1-in. baking pan. Bake at 400° for 8-10 minutes or until partially cooked but not crisp. Remove to paper towels to drain.

Place chicken in an ungreased 13-in. x 9-in. baking pan; brush with oil and sprinkle with salt and pepper. Top with tomatoes and basil. Wrap each in two bacon strips, arranging bacon in a crisscross.

Bake, uncovered, at 400° for 20-25 minutes or until a meat thermometer reads 170°. Top with cheese; bake 1 minute longer or until melted.

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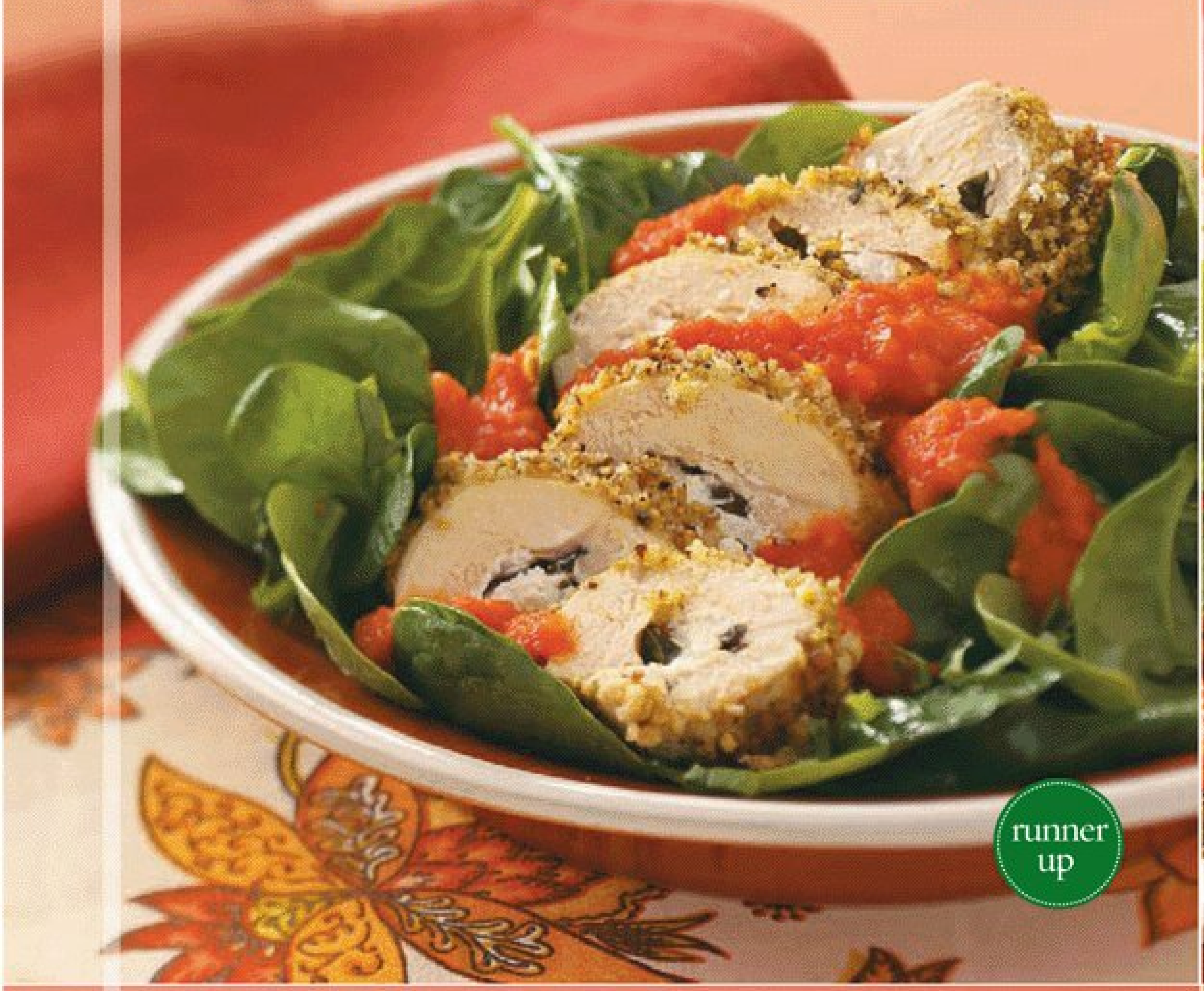
pistachio-crusted chicken with garden spinach

Nancy Baumel // PARK RIDGE, IL

For a colorful summer entree, try this moist chicken filled with creamy goat cheese. It's lovely draped with roasted red pepper sauce and served on baby spinach.



herbed roast chicken

Samuel Onizuk // ELKTON, MD

"I've been using this easy recipe for years. Marinating the chicken before roasting gives it a mild citrus tang and an attractive look."

mascarpone-pesto chicken rolls

Sheryl Little // SHERWOOD, AR

Who could resist the great flavor of these golden brown roll-ups spiraled with rich Mascarpone cheese and prepared pesto? What's more, they're easy to fix.

spicy chicken lettuce wraps

Brittany Allyn // NASHVILLE, TN

"This is one of my go-to meals when I want a fun, easy dinner. I love the spicy Asian flavors against the lettuce and the added crunch of peanuts and water chestnuts."

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HERBED ROAST // CHICKEN

PREP: 15 MIN. + MARINATING
BAKE: 2-1/4 HOURS + STANDING
YIELD: 8 SERVINGS

- One 2-gallon resealable plastic bag
- 1/2 cup orange juice
- 1/3 cup olive oil
- 2 Tbsp. butter, melted
- 1 Tbsp. balsamic vinegar
- 1 Tbsp. Worcestershire sauce
- 6 garlic cloves, minced
- 1 Tbsp. minced chives
- 1 Tbsp. dried parsley flakes
- 1 Tbsp. dried basil
- 1 tsp. salt
- 1 tsp. pepper
- 1/2 tsp. dried marjoram
- 1/2 tsp. dried rosemary, crushed
- 1/4 tsp. dried tarragon
- 1 roasting chicken (6 to 7 lbs.)

In the 2-gallon resealable plastic bag, combine the orange juice, oil, butter, vinegar, Worcestershire sauce, garlic, chives and seasonings. Add the chicken; seal bag and turn to coat. Refrigerate for 8 hours or overnight, turning occasionally.

Drain and discard marinade. Place chicken on a rack in a shallow roasting pan. Bake, uncovered, at 350° for 2-1/4 to 2-3/4 hours or until a meat thermometer reads 180°. Cover loosely with foil if chicken browns too quickly. Cover and let stand for 15 minutes before carving.

Nutrition Facts: 6 oz. cooked chicken equals 433 calories, 28 g fat (8 g saturated fat), 136 mg cholesterol, 241 mg sodium, 1 g carbohydrate, trace fiber, 42 g protein.

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PISTACHIO-CRUSTED CHICKEN // WITH GARDEN SPINACH

PREP: 1-1/4 HOURS BAKE: 35 MIN.
YIELD: 4 SERVINGS

- 1 large sweet red pepper
- 1-1/4 cups pistachios
- 3/4 cup panko (Japanese) bread crumbs
- 1 cup buttermilk
- 4 boneless skinless chicken breast halves (6 oz. each)
- 1/2 cup crumbled goat cheese
- 1/4 cup minced fresh basil
- 2 Tbsp. butter, melted
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1 shallot, chopped
- 1-1/2 tsp. olive oil
- 2 garlic cloves, minced
- 1/2 cup reduced-sodium chicken broth

SALAD:
- 1 Tbsp. balsamic vinegar
- 1 tsp. olive oil
- 3 cups fresh baby spinach
- 1/2 cup minced fresh basil

Broil pepper 4 in. from heat until blistered. Rotate pepper a quarter turn. Broil and rotate until all sides are blistered and blackened. Place in a small bowl; cover and let stand 20 minutes. Process pistachios in a food processor until ground. Transfer to a shallow bowl; add bread crumbs. Place buttermilk in another bowl.

Flatten chicken to 1/4-in. thickness; dip in buttermilk, then coat with pistachio mixture. Place on a work surface; top with goat cheese and basil. Fold chicken in half; secure with toothpicks if necessary.

Place in a greased 11-in. x 7-in. baking dish. Drizzle with butter; sprinkle with salt and pepper. Bake, uncovered, at 350° for 35-40 minutes or until a meat thermometer reads 170°. Discard toothpicks.

Discard charred skin from pepper; discard seeds and membranes. Place pepper in a food processor. In a small skillet, saute shallot in oil until tender. Add garlic; cook 1 minute longer. Add broth; heat through. Add mixture to the food processor; process until blended.

Whisk vinegar and oil. Add spinach and basil; toss to coat. Divide salad among four plates; top with chicken and pepper sauce.

SPICY CHICKEN // LETTUCE WRAPS

PREP/TOTAL TIME: 30 MIN.
YIELD: 4 SERVINGS

- 1 lb. chicken tenderloins, cut into 1/2-in. pieces
- 1/8 tsp. pepper
- 2 Tbsp. canola oil, divided
- 1 medium onion, finely chopped
- 1 small green pepper, finely chopped
- 1 small sweet red pepper, finely chopped
- 1 can (8 oz.) sliced water chestnuts, drained and finely chopped
- 1 can (4 oz.) mushroom stems and pieces, drained and finely chopped
- 2 garlic cloves, minced
- 1/3 cup stir-fry sauce
- 1 tsp. soy sauce
- 8 Bibb or Boston lettuce leaves
- 1/4 cup salted peanuts
- 2 tsp. minced fresh cilantro

Sprinkle chicken with pepper. In a large skillet or wok, stir-fry chicken in 1 Tbsp. oil until no longer pink. Remove and set aside.

Stir-fry onion and peppers in remaining oil for 5 minutes. Add the water chestnuts, mushrooms and garlic; stir-fry 2-3 minutes longer or until vegetables are crisp-tender. Add stir-fry sauce and soy sauce. Stir in chicken; heat through.

Place 1/2 cup chicken mixture on each lettuce leaf; sprinkle each with 1-1/2 tsp. peanuts and 1/4 tsp. cilantro. Fold lettuce over filling.

Editor's Note: This recipe was tested with House of Tsang Saigon Sizzle Sauce.

Brittany's Tip: Keep all the ingredients cut about the same size to ensure the full blend of flavors in each bite.

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MASCARPONE-PESTO // CHICKEN ROLLS

PREP: 20 MIN. BAKE: 35 MIN.
YIELD: 4 SERVINGS

- 4 boneless skinless chicken breast halves (6 oz. each)
- 3/4 tsp. garlic salt
- 1/2 cup Mascarpone cheese
- 1/4 cup prepared pesto
- 1 egg
- 2 tsp. water
- 1 cup seasoned bread crumbs
- 8 tsp. butter, melted, divided
- 8 oz. uncooked fettuccine
- Fresh basil leaves, optional

Flatten chicken to 1/4-in. thickness; sprinkle with garlic salt. Combine cheese and pesto; spread over chicken. Roll up each from a short side and secure with toothpicks.

In a shallow bowl, whisk egg and water. Place bread crumbs in a separate shallow bowl. Dip chicken in egg mixture, then coat with crumbs. Place seam side down in a greased 11-in. x 7-in. baking dish. Drizzle with 4 tsp. butter. Bake, uncovered, at 350° for 35-40 minutes or until a meat thermometer reads 170°. Discard toothpicks.

Meanwhile, cook fettuccine according to package directions. Drain fettuccine; toss with remaining butter. Serve with chicken. Garnish with basil if desired.

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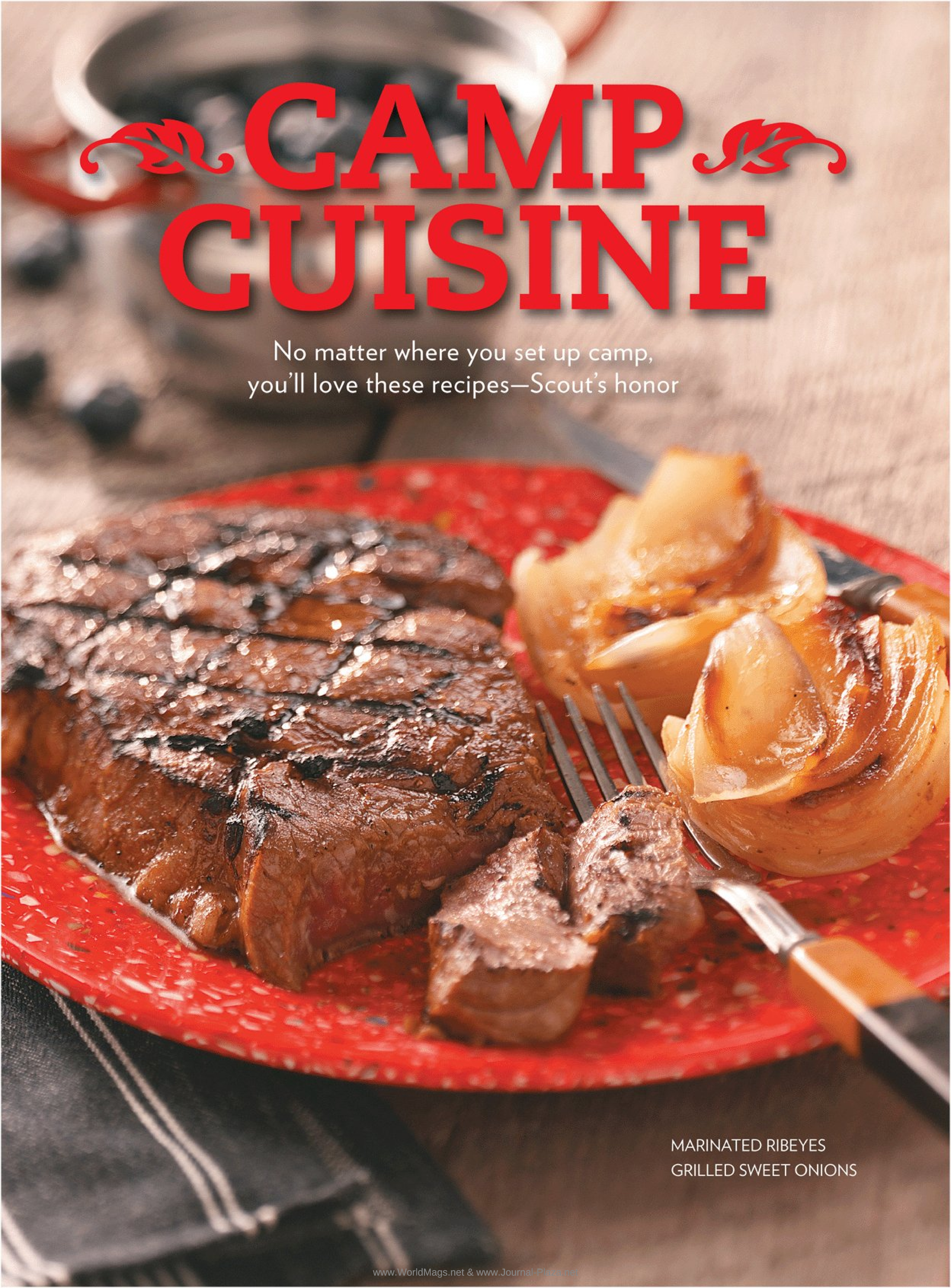
CAMP CUISINE

No matter where you set up camp, you'll love these recipes—Scout's honor



MARINATED RIBEYES
GRILLED SWEET ONIONS

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marinated ribeyes

"When we go camping, we put frozen steaks in the marinade in a sealed plastic container at the bottom of our cooler. By the second night, they're thawed, tender and ready to cook."

Louise Graybiel
TORONTO, ON

PREP: 10 MIN. + MARINATING
GRILL: 10 MIN. YIELD: 4 SERVINGS

1/2 cup barbecue sauce
3 Tbsp. olive oil
3 Tbsp. Worcestershire sauce
2 Tbsp. steak sauce
1 Tbsp. red wine vinegar
1 Tbsp. soy sauce
2 tsp. steak seasoning
1 tsp. hot pepper sauce
1 garlic clove, minced
4 beef ribeye steaks (8 oz. each)

In a large resealable plastic bag, combine the first nine ingredients. Add the steaks; seal bag and turn to coat. Refrigerate for 4 hours or overnight.

Drain and discard marinade. Grill steaks, covered, over medium-hot heat for 5-7 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145°; medium, 160°; well-done, 170°).

EDITOR'S NOTE: This recipe was tested with McCormick's Montreal Steak Seasoning. Look for it in the spice aisle.

grilled sweet onions

"These onions are a summer requirement for our family. We enjoy the caramelized onions and garlic over steak or on their own."

Raeann Van Arsdall
CORVALLIS, OR

PREP: 15 MIN. GRILL: 30 MIN.
YIELD: 4 SERVINGS

4 large sweet onions, quartered
4 garlic cloves, crushed
1/4 cup butter
1 tsp. seasoned salt

Place four onion wedges and a garlic clove on a double thickness of heavy-duty foil (about 12 in. square). Dot with butter and sprinkle with salt. Repeat.

Fold foil around onion mixture and seal tightly. Grill, covered, over medium heat for 30-35 minutes or until onions are tender. Open foil carefully to allow steam to escape.

potato-sausage foil packs

"We had these satisfying campfire bundles at a friend's house for dinner and loved the simplicity of this great summer meal."

taste of home fieldeditor Alissa Keith
LYNCHBURG, VA

PREP: 20 MIN. GRILL: 30 MIN.
YIELD: 4 SERVINGS

1 pkg. (14 oz.) smoked turkey kielbasa, sliced
2 large potatoes, cut into wedges
1 each medium green, sweet red and yellow peppers, cut into 1-in. pieces
1 medium onion, chopped
4 tsp. lemon juice
4 tsp. olive oil
1/2 tsp. garlic powder
1/2 tsp. pepper
1/4 tsp. salt

Divide the kielbasa, potatoes, peppers and onion among four double thicknesses of heavy-duty foil (about 18 in. x 12 in.). Drizzle with lemon juice and oil; sprinkle with garlic powder, pepper and salt.

Fold foil around kielbasa mixture and seal tightly. Grill, covered, over medium heat for 30-35 minutes or until potatoes are tender. Open foil carefully to allow steam to escape.

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campfire trout dinner

Your fresh catch will taste even better with this simple treatment that keeps fish moist.

Wendy McGowan
FONTANA, CA

PREP: 20 MIN. GRILL: 20 MIN.
YIELD: 4 SERVINGS

8 bacon strips

4 pan-dressed trout (about 1 lb. each)

8 lemon slices

2 small onions, halved and sliced

1/2 tsp. salt

1/4 tsp. pepper

CARROTS:

8 medium carrots, thinly sliced

1/4 tsp. salt

1/8 tsp. pepper

2 Tbsp. butter

Cook bacon until partially cooked but not crisp; drain. Place each trout on a double thickness of heavy-duty foil (about 20 in. x 18 in.). Place lemon and onions in the trout cavities; sprinkle with salt and pepper. Wrap trout with bacon. Fold foil around trout and seal tightly.

Place carrots on a double thickness of heavy-duty foil (about 20 in. x 18 in.); sprinkle with salt and pepper. Dot with butter. Fold foil around carrots and seal tightly.

Grill carrots, covered, over medium heat for 10 minutes. Add trout packets to grill; cook 20-25 minutes longer or until fish flakes easily with a fork and carrots are tender.

farmer's country breakfast

"When we're camping, we eat a late breakfast, so this hearty combination of sausage, hash browns and eggs is just right."

Bonnie Roberts // NEWAYGO, MI

PREP/TOTAL TIME: 30 MIN.
YIELD: 4 SERVINGS

6 eggs

1/3 cup 2% milk

1/2 tsp. dried parsley flakes

1/4 tsp. salt

6 oz. bulk pork sausage

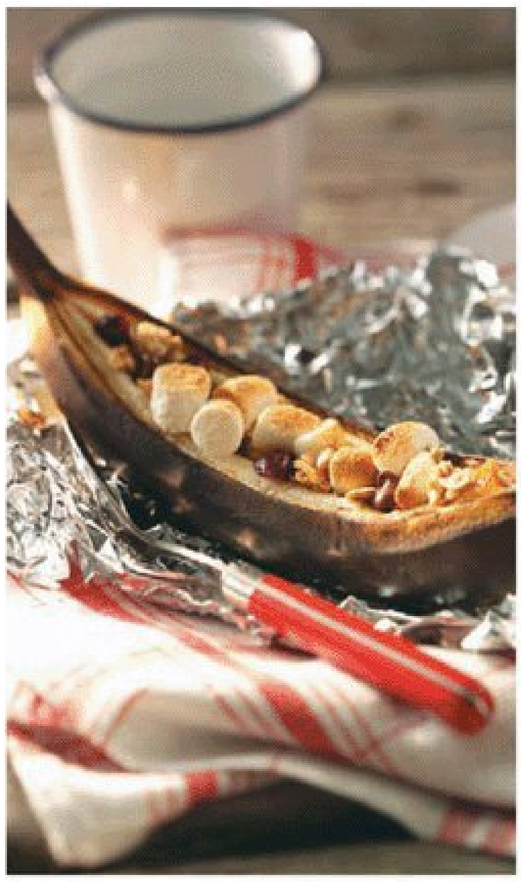
1-1/2 cups frozen cubed hash brown potatoes, thawed

1/4 cup chopped onion

1 cup (4 oz.) shredded cheddar cheese

Whisk the eggs, milk, parsley and salt; set aside. In a large skillet, cook sausage over medium heat until no longer pink; remove and drain. In the same skillet, cook potatoes and onion for 5-7 minutes or until tender. Return sausage to the pan.

Add egg mixture; cook and stir until almost set. Sprinkle with cheese. Cover and cook for 1-2 minutes or until cheese is melted.



hot quick banana boats

"These delicious, warm bananas are great on camp-outs or in the backyard. You can eat them right out of the foil bowl. Cleanup is easy, too."

Sheila Parker // RENO, NV

PREP/TOTAL TIME: 20 MIN.
YIELD: 4 SERVINGS

4 large unpeeled bananas

8 tsp. semisweet chocolate chips

8 tsp. trail mix

1/4 cup miniature marshmallows

Place each banana on a 12-in. square of foil; crimp and shape foil around bananas so they sit flat.

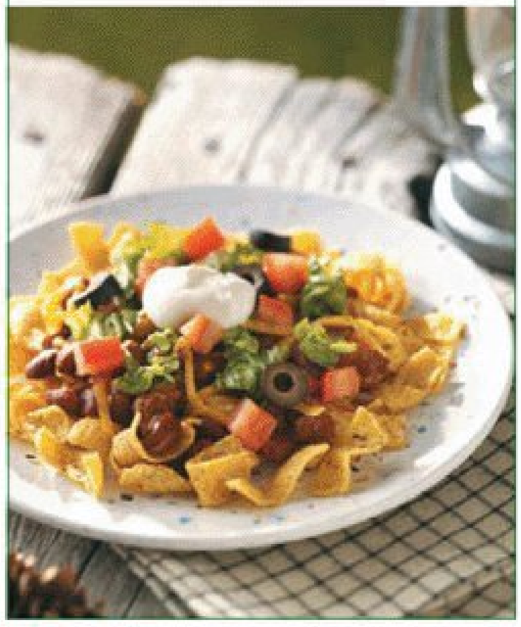
Cut each banana lengthwise about 1/2 in. deep, leaving 1/2 in. uncut at both ends. Gently pull each banana peel open, forming a pocket. Fill pockets with chocolate chips, trail mix and marshmallows.

Grill bananas, covered, over medium heat for 4-5 minutes or until marshmallows are melted and golden brown.

CAMPING HAYSTACKS

Make a quick and easy meal after a day of hiking. Layer corn chips on a plate and spoon warmed, canned chili over the chips. Place shredded cheese over the chili so it melts slightly, then top with sliced olives, salsa, chopped tomatoes, lettuce, sour cream, guacamole or any other fresh items.

— Gaylene Anderson
SANDY, UT



MORE!

It's easy to create a secure seal for your foil packets. Learn how at **tasteofhome.com/foil**

For all things camping-related and more great recipes, check out **tasteofhome.com/camping**

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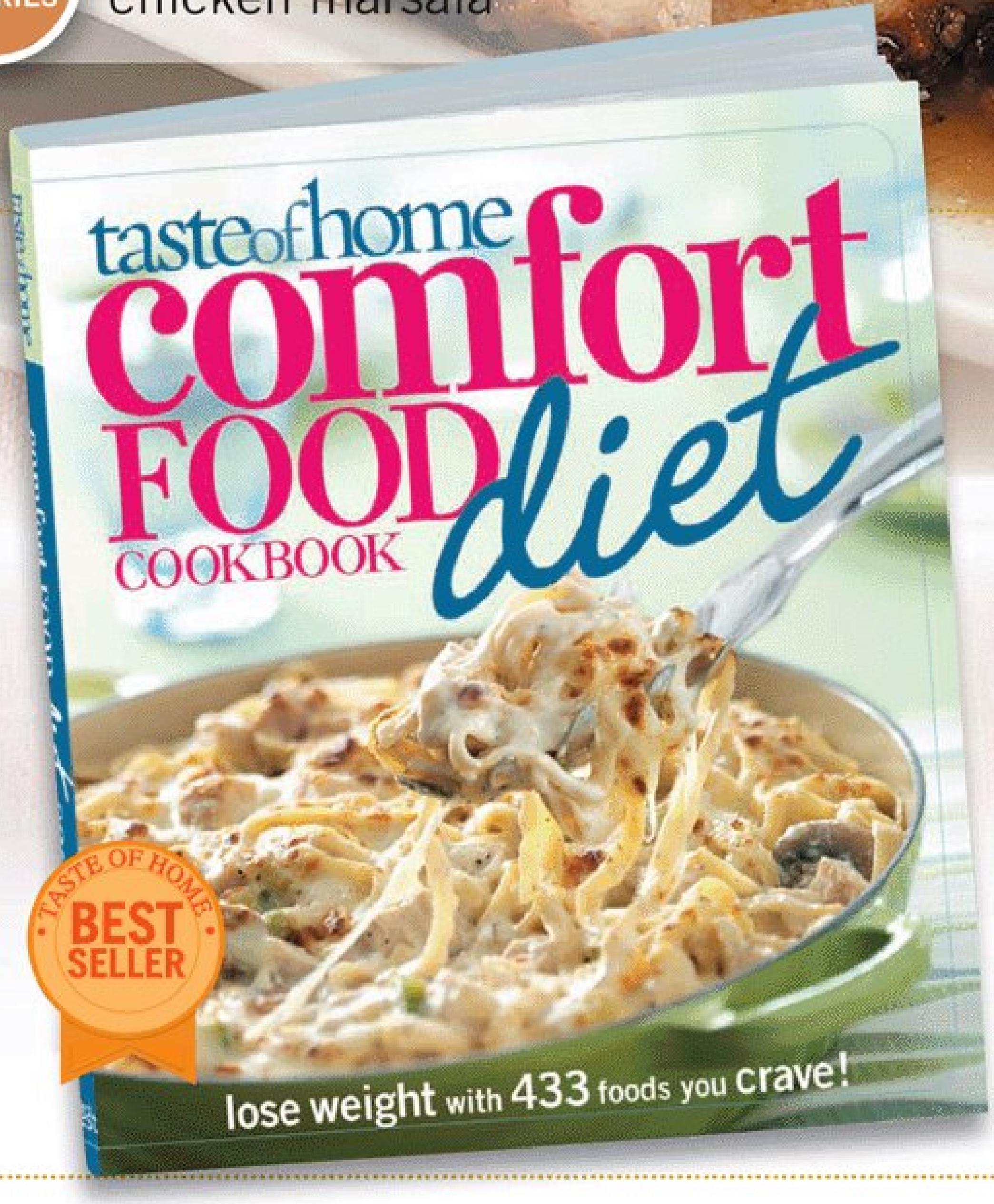
Lose weight and eat great!



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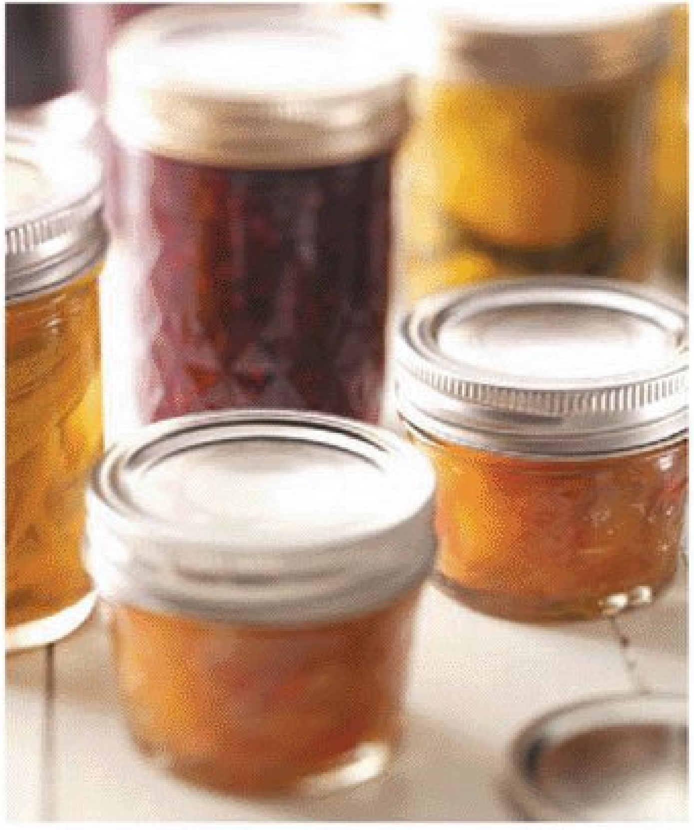
CAN-TASTIC!



A TASTY, ECONOMICAL WAY TO USE PRODUCE, CANNING LETS YOU MAKE THE MOST OF YOUR GARDEN BOUNTY ALL YEAR LONG

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peach chutney

"This is my take on several chutney recipes." The sweet-spicy marmalade pairs well with just about any meat or poultry. Or combine with some mayo for a delicious sandwich spread.

Joanne Surfus
STURGEON BAY, WI

PREP: **1** HOUR PROCESS: **15** MIN.
YIELD: **7** HALF-PINTS

2-1/2 cups white vinegar

1 cup packed brown sugar

3/4 cup sugar

1 medium sweet red pepper, finely chopped

1 small onion, finely chopped

1 banana pepper, seeded and finely chopped

2/3 cup golden raisins

1 Tbsp. minced fresh gingerroot

1 tsp. canning salt

6 whole cloves

1 cinnamon stick (3 in.), cut in half

3 lbs. fresh peaches, peeled and chopped

In a Dutch oven, bring the vinegar, brown sugar and sugar to a boil. Add the red pepper, onion, banana pepper, raisins, ginger and salt. Place cloves and cinnamon stick on a double thickness of cheesecloth; bring up corners of cloth and tie with string to form a bag. Add to the pan. Return to a boil. Reduce heat; simmer, uncovered, for 10 minutes.

Add peaches and return to a boil. Reduce heat; simmer, uncovered, for 25-30 minutes or until thickened. Discard spice bag. Carefully ladle hot chutney into hot half-pint jars, leaving 1/2-in. headspace. Remove air bubbles; wipe rims and adjust lids. Process for 15 minutes in a boiling-water canner.

EDITOR'S NOTE: The processing time listed is for altitudes of 1,000 feet or less. For altitudes up to 3,000 feet, add 5 minutes; 6,000 feet, add 10 minutes; 8,000 feet, add 15 minutes; 10,000 feet, add 20 minutes.

Nutrition Facts: 1/4 cup equals 83 calories, trace fat (trace saturated fat), 0 cholesterol, 88 mg sodium, 21 g carbohydrate, 1 g fiber, 1 g protein.

CANNING TIP!

» For best results, use bottled lemon juice instead of fresh. Bottled has the acidity level necessary for canning; with fresh lemon, the acidity level can vary.

» Home-canned food should only be kept up to a year. Only can the amount of food your family will consume over the span of a year.

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spiced pickled beets

Say you don't like beets? With their robust flavor, these are so good they'll convert you!

taste of home fieldeditor **Edna Hoffman**
HEBRON, IN

PREP: 1-1/4 HOURS PROCESS: 35 MIN.
YIELD: 4 PINTS

3 lbs. small fresh beets
2 cups sugar
2 cups water
2 cups cider vinegar
2 cinnamon sticks (3 in.)
1 tsp. whole cloves
1 tsp. whole allspice

Scrub beets and trim tops to 1 in. Place in a Dutch oven and cover with water. Bring to a boil. Reduce heat; cover and simmer for 25-35 minutes or until tender. Remove from the water; cool. Peel beets and cut into fourths.

Place beets in a Dutch oven. Add the sugar, water and vinegar. Place spices on a double thickness of cheesecloth; bring up corners of cloth and tie with string to form a bag. Add to the beet mixture. Bring to a boil. Reduce heat; cover and simmer for 10 minutes. Discard spice bag.

Carefully pack beets into hot pint jars to within 1/2 in. of the top. Carefully ladle hot liquid over beets, leaving 1/2-in. headspace. Remove air bubbles; wipe rims and adjust lids. Process for 35 minutes in a boiling-water canner.

EDITOR'S NOTE: The processing time listed is for altitudes of 1,000 feet or less. For altitudes up to 3,000 feet, add 5 minutes; 6,000 feet, add 10 minutes; 8,000 feet, add 15 minutes; 10,000 feet, add 20 minutes.

Nutrition Facts: 1/4 cup equals 53 calories, trace fat (trace saturated fat), 0 cholesterol, 44 mg sodium, 12 g carbohydrate, 1 g fiber, 1 g protein. **Diabetic Exchanges:** 1 vegetable, 1/2 starch.

MORE!

Need more information on the ins and outs of canning? Visit **tasteofhome.com/canning101**

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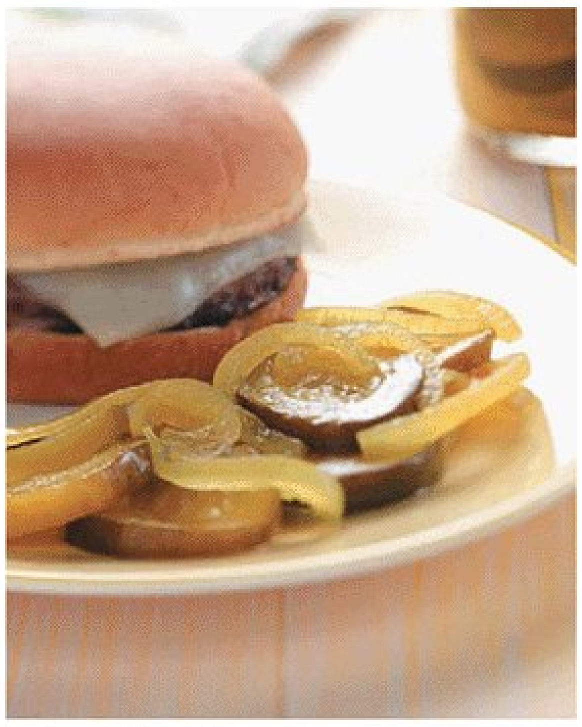


zucchini pickles

Put your bounty of zucchini to good use by making these crunchy, flavorful burger toppings.

taste of home fieldeditor **Romaine Wetzel** RONKS, PA

PREP: 35 MIN. + STANDING
PROCESS: 10 MIN. YIELD: 5 PINTS

- **8 cups sliced zucchini**
- **4 large onions, sliced**
- **1 large green pepper, sliced**
- **3 Tbsp. canning salt**
- **1 qt. white vinegar**
- **2 cups sugar**
- **2 tsp. celery salt**
- **2 tsp. ground turmeric**
- **1 tsp. ground mustard**

In a large bowl, combine the zucchini, onions and pepper; sprinkle with canning salt and cover with cold water. Let stand for 2 hours; rinse and drain.

In a large saucepan, bring the remaining ingredients to a boil. Pour over zucchini mixture; cover and let stand for 2 hours.

Transfer to a stockpot. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Carefully ladle hot mixture into hot pint jars, leaving 1/2-in. headspace. Remove air bubbles; wipe rims and adjust lids. Process for 10 minutes in a boiling-water canner.

EDITOR'S NOTE: The processing time listed is for altitudes of 1,000 feet or less. For altitudes up to 3,000 feet, add 5 minutes; 6,000 feet, add 10 minutes; 8,000 feet, add 15 minutes; 10,000 feet, add 20 minutes.

Nutrition Facts: 1/4 cup equals 31 calories, trace fat (trace saturated fat), 0 cholesterol, 237 mg sodium, 7 g carbohydrate, 1 g fiber, 1 g protein. **Diabetic Exchange:** 1/2 starch.

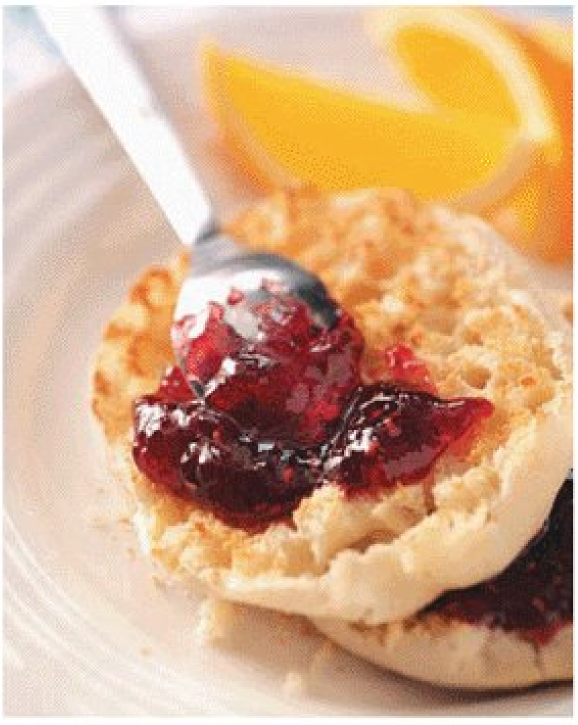
orange-berry jam

"This jam is a beautiful color and tastes really good!" Expect a refreshing tang from the orange segments and grated peel.

taste of home fieldeditor **Earlene Ertelt** WOODBURN, OR

PREP: 30 MIN. PROCESS: 5 MIN.
YIELD: 6 HALF-PINTS

- **3 cups fresh raspberries**
- **2 cups fresh blueberries**
- **6-1/2 cups sugar**
- **1/2 cup finely chopped orange segments**
- **2 Tbsp. lemon juice**
- **4 tsp. grated orange peel**



- **1 pouch (3 oz.) liquid fruit pectin**

Place raspberries and blueberries in a food processor; cover and process until blended. Transfer to a Dutch oven. Stir in the sugar, orange segments, lemon juice and orange peel. Bring to a full rolling boil over high heat, stirring constantly. Stir in pectin. Boil for 1 minute, stirring constantly.

Remove from the heat; skim off foam. Ladle hot mixture into hot sterilized half-pint jars, leaving 1/4-in. headspace. Remove air bubbles; wipe rims and adjust lids. Process for 5 minutes in a boiling-water canner.

EDITOR'S NOTE: The processing time listed is for altitudes of 1,000 feet or less. Add 1 minute to the processing time for each 1,000 feet of additional altitude.

CANNING TIP!

» Use Mason jars to preserve foods, but never reuse the lids.

» Only use a boiling water bath canner or a pressure canner. Open-kettle canning or the use of a dishwasher, oven or microwave for processing is not recommended.

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pomegranate jelly

"For as long as I can remember, my mom has been making this pomegranate jelly and sending us all home with a few jars." Can't find pomegranate juice? Use cranberry instead.

Tatiana Kushnir // MONTARA, CA

PREP: 15 MIN. PROCESS: 5 MIN.
YIELD: 6 HALF-PINTS

3-1/2 cups pomegranate juice

1 pkg. (1-3/4 oz.) powdered fruit pectin

5 cups sugar

In a Dutch oven, combine pomegranate juice and pectin. Bring to a full rolling boil over high heat, stirring constantly. Stir in sugar; return to a full rolling boil. Boil for 2 minutes, stirring constantly.

Remove from the heat; skim off foam. Pour hot liquid into hot sterilized half-pint jars, leaving 1/4-in. headspace. Wipe rims and adjust lids. Process for 5 minutes in a boiling-water canner.

EDITOR'S NOTE: The processing time listed is for altitudes of 1,000 feet or less. Add 1 minute to the processing time for each 1,000 feet of additional altitude.

BONUS!

For a delicious pulled pork recipe using this tasty jelly, go to **tasteofhome.com/pulledpork**

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celestial cherry conserve

"This recipe produces a rich, concentrated flavor that's wonderful on toast, ice cream or cheesecake. I've also had great results using strawberries, blueberries, mango and other fruit-flavored herbal teas."

Maureen Delves // KAMLOOPS, BC

PREP: 40 MIN. PROCESS: 5 MIN.
YIELD: 6 HALF-PINTS

- **2 medium oranges**
- **6 cups fresh dark sweet cherries, pitted**
- **3-1/2 cups sugar**
- **6 Tbsp. lemon juice**
- **4 individual black cherry or wild berry herbal tea bags**
- **1 cup boiling water**
- **1 pouch (3 oz.) liquid fruit pectin**

Grate zest from the oranges; set zest aside. Peel oranges and discard peel; chop the oranges. In a large saucepan, combine the cherries, sugar, lemon juice and chopped oranges. Bring to a boil. Reduce heat; simmer, uncovered, for 6-8 minutes or until slightly thickened.

Meanwhile, place tea bags in a small bowl. Add boiling water. Cover and steep for 5-6 minutes. Discard tea bags; add liquid to cherry mixture. Bring to a full rolling boil over high heat, stirring constantly. Stir in pectin. Boil for 1 minute, stirring constantly.

Remove from the heat; skim off foam. Ladle hot mixture into hot sterilized half-pint jars, leaving 1/4-in. headspace. Remove air bubbles; wipe rims and adjust lids. Process for 5 minutes in a boiling-water canner.

EDITOR'S NOTE: The processing time listed is for altitudes of 1,000 feet or less. Add 1 minute to the processing time for each 1,000 feet of additional altitude.

Nutrition Facts: 2 Tbsp. equals 72 calories, trace fat (trace saturated fat), 0 cholesterol, trace sodium, 18 g carbohydrate, trace fiber, trace protein. **Diabetic Exchange:** 1 starch.

PERSONAL TOUCH

For her son Patrick's wedding, **Joanne Surfus** of Sturgeon Bay, WI, spent hours in the kitchen canning preserves and salsa to use as place setting markers for the guests at the reception. The jar labels were color-coded for each entree option, and printed with the guest's name and table number. Guests had a tasty take-home gift to commemorate the happy occasion. In total, Joanne canned 60 jars of strawberry jam, 60 jars of rhubarb-apricot jam and 120 jars of salsa!

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FRUIT SALAD IN A PINEAPPLE BOAT

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Juicy Fruits

TAKE A BITE OUT OF SUMMER WITH THESE SEASONAL, SUN-RIPENED FRUIT RECIPES

fruit salad in a pineapple boat

This sweet, summery treat looks as good as it tastes! No one will be able to resist this healthy and refreshing fruit salad.

taste of home fieldeditor **Amy Short** LESAGE, WV

PREP: 50 MIN.
YIELD: 10 SERVINGS (1-1/3 CUPS SAUCE)

1 fresh pineapple
2 cups cubed cantaloupe
1 cup halved fresh strawberries
1 cup fresh blueberries
1 Tbsp. lime juice

SAUCE:

1 cup fresh strawberries, mashed
1 cup (8 oz.) reduced-fat plain yogurt
2 Tbsp. honey
1 Tbsp. lime juice
1-1/2 tsp. grated lime peel
1/2 tsp. vanilla extract

Stand pineapple upright; vertically cut about a third from one side, leaving the top attached. Remove fruit and discard outer peel from the smaller section. Remove fruit from the large section, leaving a 1/2-in. shell.

Chop fruit; place in a large bowl. Add the cantaloupe, strawberries, blueberries and lime juice; toss to coat. Place in pineapple shell.

In a small bowl, combine the sauce ingredients. Serve with fruit.

Nutrition Facts: 2/3 cup fruit with 2 Tbsp. sauce equals 81 calories, 1 g fat (trace saturated fat), 1 mg cholesterol, 21 mg sodium, 19 g carbohydrate, 2 g fiber, 2 g protein. **Diabetic Exchange:** 1 fruit.

grilled pineapple butterscotch sundaes

"Sometimes I like to use bananas in this recipe, too. Just be careful when grilling them; don't let the bananas get too soft."

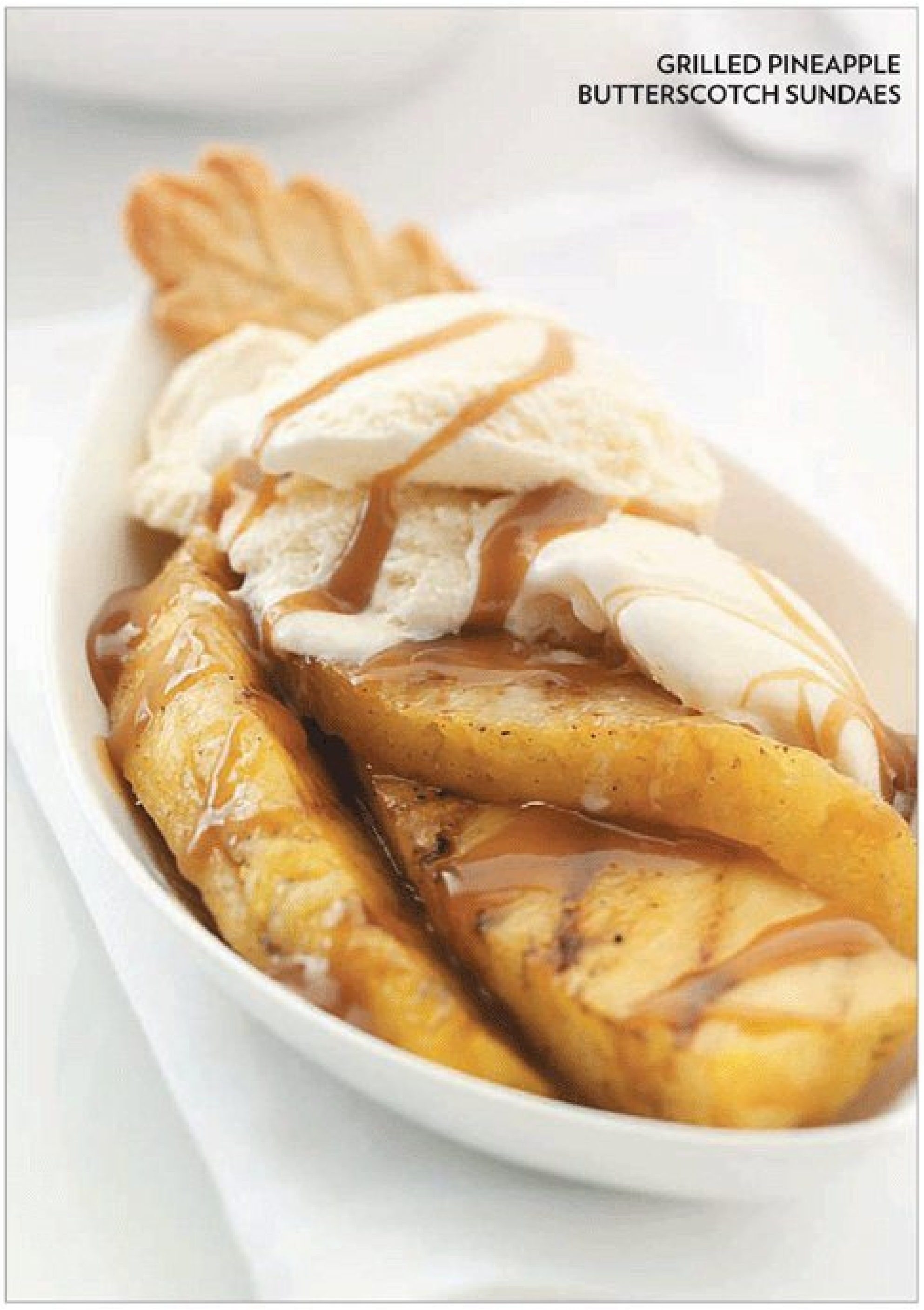
Arla Boss // TEMPERANCE, MI

PREP/TOTAL TIME: 30 MIN.
YIELD: 6 SERVINGS

2 fresh pineapples
6 Tbsp. plus 1/2 cup butter, divided
2 Tbsp. sugar
1/4 tsp. ground nutmeg
1 cup packed brown sugar
1/2 cup heavy whipping cream
1/2 tsp. vanilla extract
Dash salt
3 cups vanilla ice cream

Peel, core and cut each pineapple into six spears. In a small saucepan, melt 6 Tbsp. butter with sugar and nutmeg. Brush over pineapple. Grill, covered, over medium heat or broil 4 in. from the heat for 7-10 minutes or until lightly browned, turning occasionally.

For sauce, in a small saucepan, melt remaining butter. Stir in brown sugar and cream. Bring to a boil, stirring constantly. Remove from the heat; stir in vanilla and salt. Serve sauce with ice cream and grilled pineapple.



GRILLED PINEAPPLE BUTTERSCOTCH SUNDAES

>> Grilling pineapple caramelizes its natural sugars and intensifies the sweet flavor.

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cocoa meringues with berries

Meringues can be challenging on a humid day, but if you're really craving some, you can pick them up at your favorite bakery and add the fruity sauce.

taste of home fieldeditor **Raymonde Bourgeois**
SWASTIKA, ON

PREP: 20 MIN.
BAKE: 50 MIN. + STANDING
YIELD: 2 SERVINGS

1 egg white
1/8 tsp. cream of tartar
Dash salt
3 Tbsp. sugar, divided
1 Tbsp. baking cocoa
1/4 tsp. vanilla extract
2 Tbsp. finely chopped bittersweet chocolate

BERRY SAUCE:
2 Tbsp. sugar
1 tsp. cornstarch
2 Tbsp. orange juice
1 Tbsp. water
1/2 cup fresh or frozen blueberries, thawed
1/2 cup fresh or frozen raspberries, thawed

Place egg white in a small bowl; let stand at room temperature for 30 minutes. Add cream of tartar and salt; beat on medium speed until soft peaks form. Gradually beat in 2 Tbsp. sugar. Combine cocoa and remaining sugar; add to meringue with vanilla. Beat on high until stiff glossy peaks form and sugar is dissolved. Fold in the chopped chocolate.

Drop two mounds onto a parchment paper-lined baking sheet. Shape into 3-in. cups with the back of a spoon. Bake at 275° for 50-60 minutes or until set and dry. Turn oven off; leave meringues in oven for 1 hour.

In a small saucepan, combine the sugar, cornstarch, orange juice and water. Bring to a boil; cook and stir for 1 minute or until thickened. Remove from the heat; stir in berries. Cool to room temperature. Spoon into meringues.

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strawberry relish

"Whenever my husband grills chicken, we put a few tablespoons of this relish over the top. We've served it for company and always get requests for the recipe."

Pat Gardetta // OSAGE BEACH, MO

PREP/TOTAL TIME: 30 MIN.
YIELD: 2 CUPS

1/2 cup packed brown sugar

1 Tbsp. water

1/2 cup raspberry vinegar

1 medium tart apple, finely chopped

1 Tbsp. finely chopped jalapeno pepper

1 tsp. minced fresh gingerroot

1 garlic clove, minced

1/4 tsp. minced fresh cilantro

1/8 tsp. salt

1/8 tsp. ground cinnamon

1/8 tsp. ground cloves

1/8 tsp. pepper

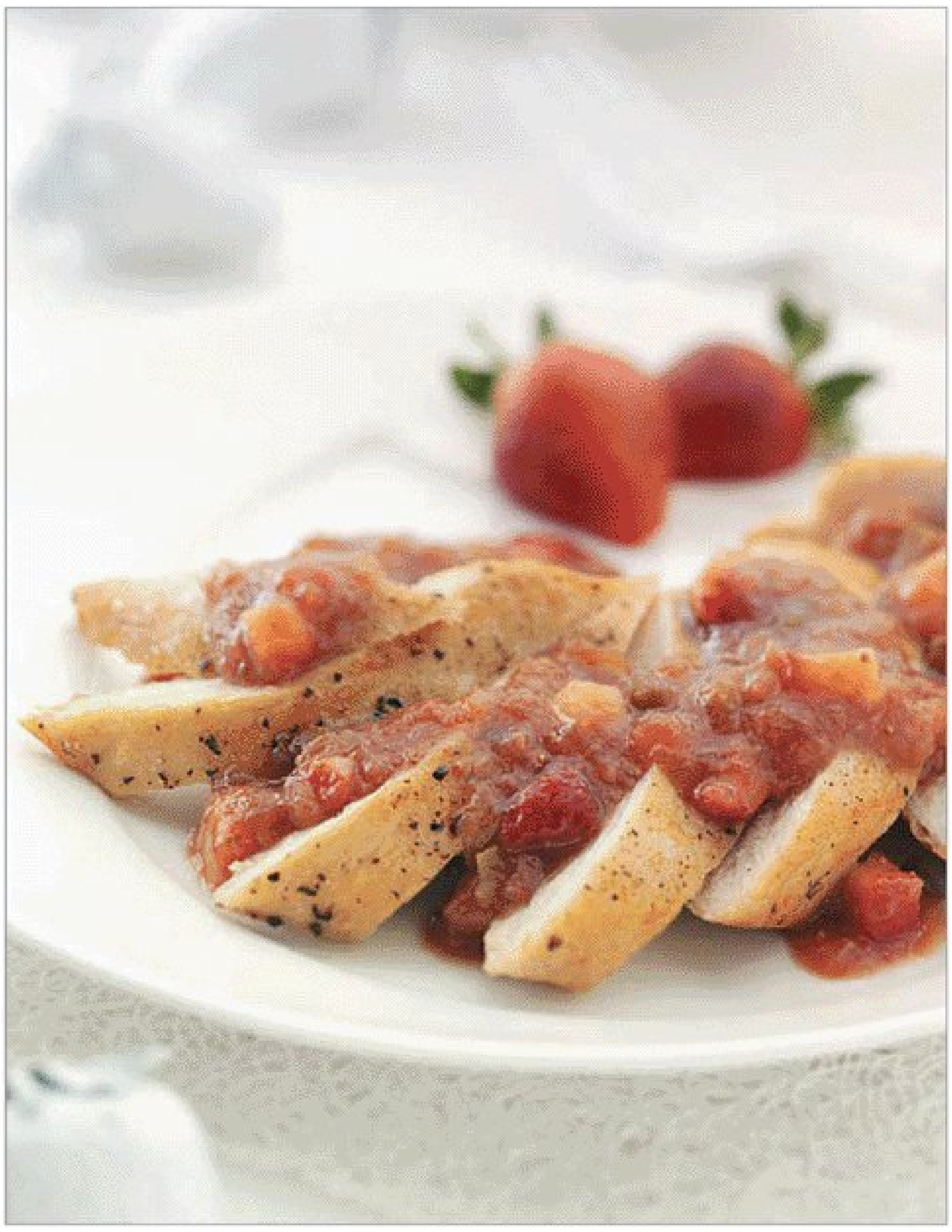
2 cups fresh strawberries, divided

In a large saucepan over medium heat, cook and stir brown sugar and water for 5 minutes. Add vinegar and apple; bring to a boil. Reduce heat; add the jalapeno, ginger, garlic, cilantro, salt, cinnamon, cloves and pepper. Simmer, uncovered, for 10-15 minutes or until apple is tender. Cool slightly.

Transfer to a blender; add 1 cup strawberries. Cover and process until blended. Chop remaining strawberries; stir into relish. Serve with your favorite grilled meats.

EDITOR'S NOTE: When cutting hot peppers, disposable gloves are recommended. Avoid touching your face.

Nutrition Facts: 1/4 cup equals 79 calories, trace fat (trace saturated fat), 0 cholesterol, 43 mg sodium, 20 g carbohydrate, 1 g fiber, trace protein. 1 starch.



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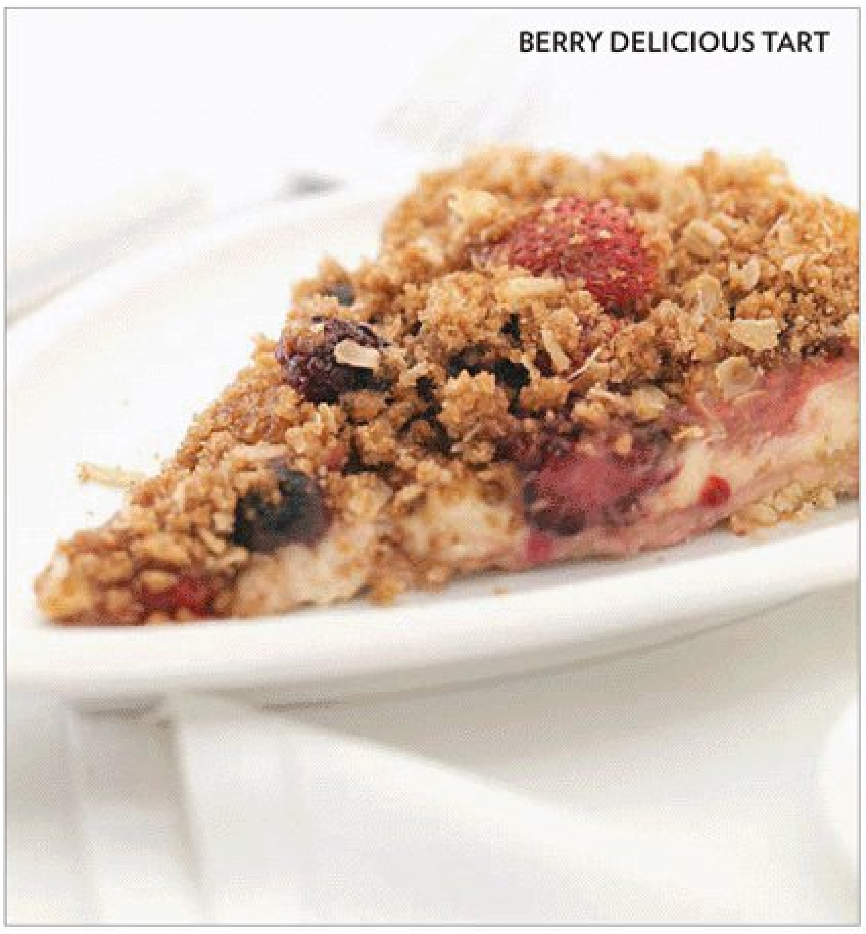
>> These "super berries" are antioxidant powerhouses and have been shown to reduce the risk of cancer and help lower cholesterol.

>> Pick-your-own strawberry patches are a definite sign of summer. Select only ruby-red berries, as they won't ripen once picked.

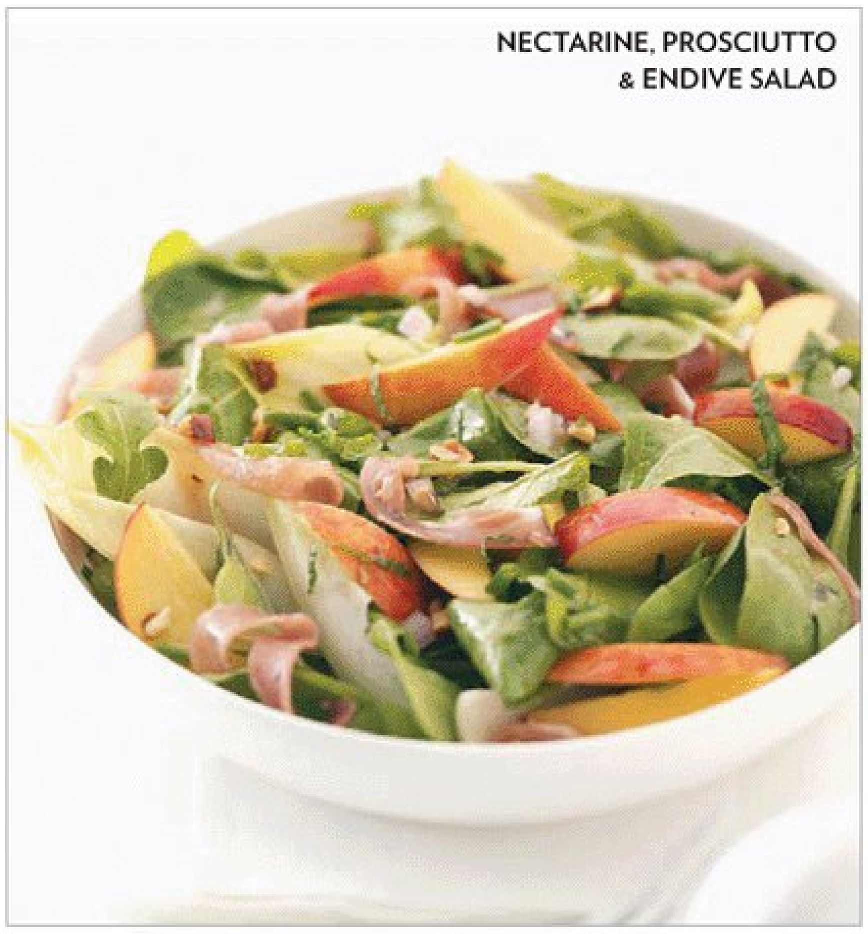
>> When buying raspberries, choose ones without the core. If it's attached, they were picked too soon and will be sour.

MORE!

For more seasonal fruit and berry recipes, visit **tasteofhome.com/summerrecipes**



BERRY DELICIOUS TART



NECTARINE, PROSCIUTTO & ENDIVE SALAD

berry delicious tart

"I love berries, so I'm always trying to find something new to do with them. This is one of the results. Everyone loves this tart and asks for the recipe."

Angela Moorhead
CAMBRIDGE, ON

PREP: 25 MIN.
BAKE: 35 MIN. + COOLING
YIELD: 12 SERVINGS

1 cup all-purpose flour
1/3 cup plus 1/4 cup sugar, divided
1/2 cup cold butter
1/2 cup seedless strawberry jam
1 pkg. (8 oz.) cream cheese, softened
1 egg, lightly beaten
1 tsp. vanilla extract
2 cups fresh or frozen unsweetened mixed berries, thawed and drained

TOPPING:
3/4 cup packed brown sugar
1/3 cup old-fashioned oats
1/2 cup all-purpose flour
1/4 cup cold butter

In a small bowl, combine flour and 1/3 cup sugar; cut in butter until crumbly. Press onto the bottom and 1 in. up the sides of a greased 9-in. springform pan. Place pan on a baking sheet. Bake at 375° for 8-10 minutes or until crust is lightly browned. Cool on a wire rack.

Spread jam over crust. In a small bowl, beat cream cheese and remaining sugar until smooth. Add egg and vanilla; beat on low speed just until combined. Pour over jam; sprinkle with berries.

In a small bowl, combine the brown sugar, oats and flour; cut in butter until crumbly. Sprinkle over filling.

Bake for 30-35 minutes or until bubbly and golden brown. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool 30 minutes longer. Serve warm or cold.

nectarine, prosciutto & endive salad

A drizzle of tangy-sweet dressing complements this colorful combo of fresh nectarines, greens and ham, with a touch of mint and almonds.

Laurel Leslie // SONORA, CA

PREP: 50 MIN. + COOLING
YIELD: 9 SERVINGS

7 medium nectarines, divided
1 cup water
1/4 cup sugar
3 Tbsp. olive oil
4-1/2 tsp. lemon juice
4-1/2 tsp. Dijon mustard
1 Tbsp. honey
1/8 tsp. salt
1/8 tsp. minced fresh thyme or dash dried thyme
Dash pepper
6 heads Belgian endive, separated into leaves
6 cups fresh arugula or baby spinach
1/2 lb. thinly sliced prosciutto or deli ham, julienned
1/3 cup minced chives
1/4 cup chopped almonds, toasted
1 shallot, finely chopped
8 fresh mint leaves, thinly sliced

Chop one nectarine; slice the remaining nectarines and set aside. Place chopped nectarine in a small saucepan with water and sugar. Bring to a boil; cook until liquid is reduced to 1/4 cup. Strain and discard the solids; cool liquid completely. Whisk in the oil, lemon juice, mustard, honey, salt, thyme and pepper.

In a salad bowl, combine the endive, arugula, prosciutto, chives, almonds, shallot, mint and sliced nectarines. Add dressing; toss to coat. Serve immediately.

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CLOSE TO HOME

CELEBRATING THE PEOPLE AROUND THE *TASTE OF HOME* TABLE

THE JOY OF JELLY MAKING

Summer Hays
BANNER ELK, NC

I am not a domestic queen. I work full time, have a husband and a toddler, and I'm thrilled if I can get mac and cheese on the table by 6:05 p.m. So the thought of making jelly, jam or anything canned made me laugh out loud.

I usually bought homemade jelly at local fund-raisers and fairs, admiring the handiwork of the sweet church ladies who had prepared them.

Then, my family was invited to pick raspberries, and we came home with overflowing containers.

"What are we going to do with all these berries?" someone asked.

"Jelly!" someone else shouted in reply.

No, I thought, only people with time on their hands do that—not working girls. But what else was I going to do? Bake desserts? Too fattening. Freeze them? No room in the freezer. Give them away? Are you kidding? I was going to make jelly after all!

A friend heard my cry for help, and the next night, the training began. I stirred the boiling stockpot constantly while my mentor measured out the sugar. The fate of my jelly would depend on perfect measuring, cook time and, of course, the seal. Nervously, I ladled the hot, sticky goo into my prepared jars. I delicately placed them on a soft, cool bed to rest and waited. After what seemed to be hours, one after another sealed with a resounding *pop*. What joy!

I guess the true satisfaction of jelly making is not the delicious flavor but the moment when the lid seals. In our household, we treat it as if it's a touchdown. When my toddler and I hear one seal, we shout, "Woo-hoo!"

Now, I am one of those sweet church ladies who painstakingly prepares homemade jelly, and I'm proud of it. Still, every time that I pull out my stockpot, my husband remarks, "What on Earth are we going to do with all that jelly?"

Send your kitchen-related story to **editors@tasteofhome.com**

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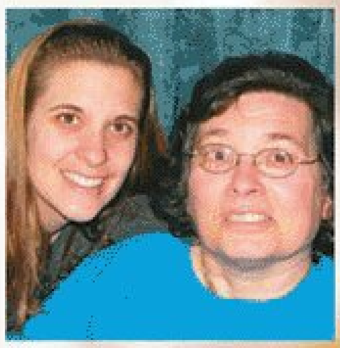
mom's best



paula montijo & nancy kreiser

"We have a standing invitation for Sunday dinner, and my mother is never satisfied with a casual spread."

—PAULA MONTIJO // **LEBANON, PA**

By the age of 10, my mom, **Nancy Kreiser**, was taking on much of the family cooking so her parents could work the farm. She even helped her mother can and freeze the harvest from their large garden.

Even after Mom married my dad, Paul, they helped on the farm and kept a garden there. I remember our freezer always stocked with beef, corn and strawberries, and the basement shelves lined with jars of canned vegetables and fruit.

Mom loved cooking for our family of six. My dad is a postmaster in nearby Hamburg; my older brother Craig, my sister Patty and I live nearby, and my younger sister, Rebecca, is still at home and is a big help to Mom.

When we were kids, my mother had a delicious dinner on the table every night, and we enjoyed eating together as a family. The meal I've shared here is one of my favorites—tender, mouthwatering roast with gravy; garden-fresh corn made even sweeter with honey; a tangy relish; and Mom's delectable cake roll. I make that dessert often for company or to take to church dinners.

We have a standing invitation for Sunday dinner, and my mother is never satisfied with a casual spread. Although she can no longer do the cooking, due to multiple sclerosis, she supervises Dad and us girls from her wheelchair in the kitchen.

All of us pitch in on the canning, too. Mom sits at the table and gives instructions. My dad and brother pick fruit, so Dad can freeze it or make jelly to share, which delights the 10 grandkids.

Mom still likes poring over new recipes and planning menus. It's not unusual for one of us to call and pick her brain about a recipe or a dish she has made.

Over the years, I've really enjoyed learning to cook from her and make her special recipes for my husband and our four children. Maybe her recipes will become your favorites, too.

RECALL YOUR MOM'S BEST?
Send at least four recipes and background information to **editors@tasteofhome.com**. If we feature your mom's recipes, you'll earn $75.

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beef roast with gravy

Nancy Kreiser // LEBANON, PA

"I always asked Mom to fix this for special occasions just to smell the aroma of the rich gravy as it cooked."

honey sweet corn

Nancy Kreiser // LEBANON, PA

There's nothing that says summer quite like fresh sweet corn, and honey butter makes these ears even sweeter.

zucchini relish

Nancy Kreiser // LEBANON, PA

"Mom likes to make this crisp and colorful relish when zucchini is in season and Dad's little patch has produced to excess."

cake roll with berries

Nancy Kreiser // LEBANON, PA

"Mom always had fresh-baked desserts like this one for us every week. We all love this cake's cream filling and fresh strawberries."

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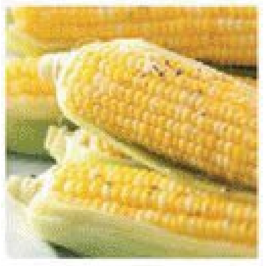
HONEY SWEET // CORN



PREP/TOTAL TIME: 15 MIN.
YIELD: 6 SERVINGS

- 6 medium ears sweet corn
- 1/4 cup butter, melted
- 1 tsp. honey
- Ground pepper, optional

Place corn in a Dutch oven or stockpot; cover with water. Bring to a boil; cover and cook for 5-10 minutes or until tender. Drain. In a small bowl, combine butter and honey; brush over corn. Sprinkle with pepper if desired.

tasteofhome.com

BEEF ROAST // WITH GRAVY

PREP: 10 MIN. COOK: 6 HOURS
YIELD: 8 SERVINGS

- 1 lb. fresh baby carrots
- 1 can (4 oz.) mushroom stems and pieces, drained
- 1 beef rump roast or bottom round roast (3 lbs.)
- 1/2 tsp. garlic powder
- 1/4 tsp. pepper
- 1 Tbsp. canola oil
- 1 jar (12 oz.) beef gravy
- 1 can (10-3/4 oz.) condensed cream of mushroom soup, undiluted
- 1 cup water
- 1 envelope onion soup mix

Place carrots and mushrooms in a 4- or 5-qt. slow cooker. Sprinkle roast with garlic powder and pepper. In a large skillet, brown roast in oil on all sides. Transfer to slow cooker.

Combine the gravy, mushroom soup, water and onion soup mix; pour over roast. Cover and cook on low for 6-8 hours or until meat is tender. Skim fat from gravy if necessary; serve gravy with beef.

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CAKE ROLL WITH // BERRIES

PREP: 40 MIN. BAKE: 15 MIN. + CHILLING
YIELD: 10 SERVINGS

- 3 eggs
- 1 cup sugar
- 1/3 cup water
- 1 tsp. vanilla extract
- 3/4 cup all-purpose flour
- 1 tsp. baking powder
- 1/4 tsp. salt
- Confectioners' sugar

FILLING:

- 1/2 cup all-purpose flour
- 1 cup milk
- 1/2 cup butter, softened
- 1/2 cup shortening
- 1 cup sugar
- 1 tsp. vanilla extract
- 1/4 tsp. salt

BERRIES:

- 3 cups sliced fresh strawberries
- 1/4 cup sugar

Line a greased 15-in. x 10-in. x 1-in. baking pan with waxed paper and grease the paper; set aside.

In a large bowl, beat eggs on high speed for 3 minutes. Gradually add sugar, beating until mixture becomes thick and lemon-colored. Beat in water and vanilla. Combine the flour, baking powder and salt; fold into egg mixture. Spread batter into prepared pan.

Bake at 375° for 12-15 minutes or until cake springs back when lightly touched. Cool for 5 minutes. Invert onto a kitchen towel dusted with confectioners' sugar. Gently peel off waxed paper. Roll up cake in the towel jelly-roll style, starting with a short side. Cool completely on a wire rack.

Meanwhile, for filling, combine flour and milk in a small saucepan until smooth. Cook and stir over medium heat until mixture comes to a boil; cook and stir 2 minutes longer (mixture will be very thick). Transfer to a bowl; press waxed paper onto surface of mixture. Cool completely.

In a large bowl, cream the butter, shortening and sugar until light and fluffy. Beat in vanilla and salt. Gradually beat in milk mixture; beat for 5 minutes or until filling is light and fluffy.

Unroll cake; spread filling over cake to within 1/2 in. of edges. Roll up again. Place seam side down on a serving platter. Sprinkle with confectioners' sugar. Combine strawberries and sugar; refrigerate cake and berries for 1 hour before serving.

// ZUCCHINI RELISH

PREP: 20 MIN. + STANDING
COOK: 15 MIN. + CHILLING YIELD: 4 CUPS

- 4 cups diced zucchini
- 1 large onion, thinly sliced
- 2 celery ribs, sliced
- 2 medium carrots, sliced
- 1 medium sweet red pepper, sliced
- 2 Tbsp. salt
- 3/4 cup sugar
- 1/2 cup water
- 1/2 cup cider vinegar
- 1/2 tsp. celery seed
- Dash onion salt
- Dash ground turmeric

In a large bowl, combine the vegetables; sprinkle with salt and cover with cold water. Let stand for 3 hours; rinse and drain.

In a large saucepan, bring the remaining ingredients to a boil. Stir in zucchini mixture and return to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Transfer to a large bowl; cool to room temperature. Cover and refrigerate for at least 2 days.

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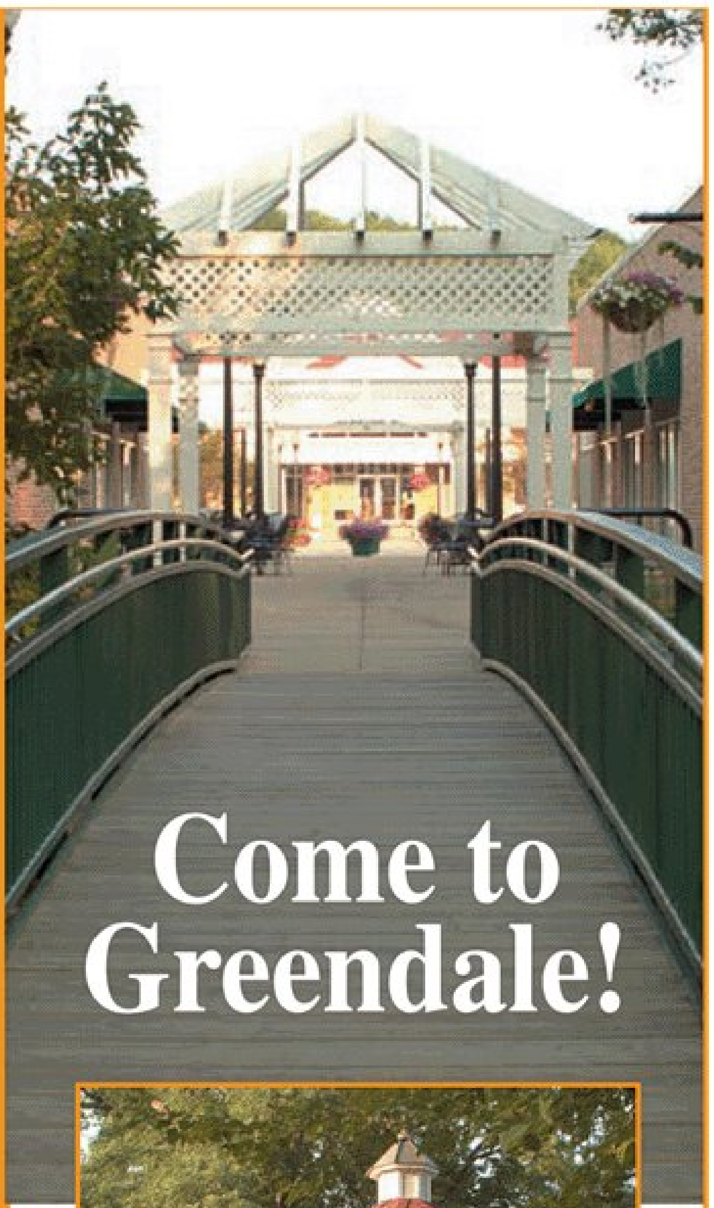

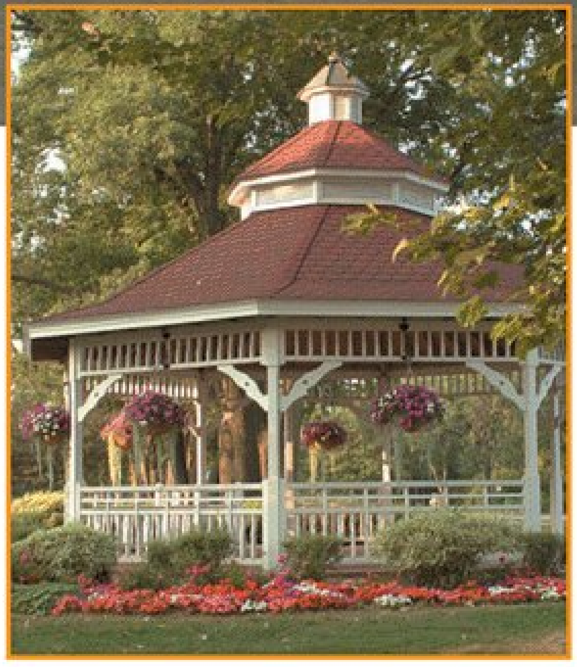

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BEVERLY, WV

taste of home fieldeditor

homegrown goodness

FARM LIFE BRINGS FRESH FLAVORS TO THIS FIELD EDITOR'S COOKING

PERSONAL

I live in Beverly, WV, with my husband, Steve, and our daughters, Hannah, 12, and Heidi, 8. Steve is a machinist and welder; he also runs our 42-acre farm. I am a licensed agent and customer service representative for an insurance company.

PASSIONS

I'm the leader for our daughters' Girl Scout troop and a 4-H Club volunteer. I'm also involved in several civic organizations and sing in the choir and play handbells at church. I love cooking for my family; it's one of life's simplest pleasures.

WHAT DO YOU RAISE ON YOUR FARM?

We have it all! We raise our own beef and chickens and tend a large garden. Steve has a green thumb, so we eat fresh produce all summer and fall, then we preserve the rest. We grow several kinds of vegetables, including squash, spinach, tomatoes, peas, corn and potatoes. We also have grapes, wild blackberries and a small apple orchard. Plus, Steve is an avid hunter.

Summer is my favorite time of year and a wonderful opportunity to prepare our favorite dishes fresh from the vine. It goes by quickly, yet I know when the crisp fall air says winter is coming, we'll be prepared for a long, hard winter in the mountains because of the bounty of nature's goodness in the pantry and freezer.

DESCRIBE YOUR LIFESTYLE

We relish the old-fashioned ways of growing, preserving and cooking our own food from scratch, and we're passing that tradition on to our daughters. Having the children help with meal preparation instills responsibility, healthy eating habits and family togetherness. No matter how busy we are, sit-down dinners are a must. They give us time to reflect on our days and give thanks for the blessings in our lives.

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grilled pork chops

Lori Daniels // BEVERLY, WV taste of home fieldeditor

"This marinade is so simple that I use it on all kinds of meat. For a more robust flavor, let the meat marinate in the refrigerator overnight."

marinated veggie beef kabobs

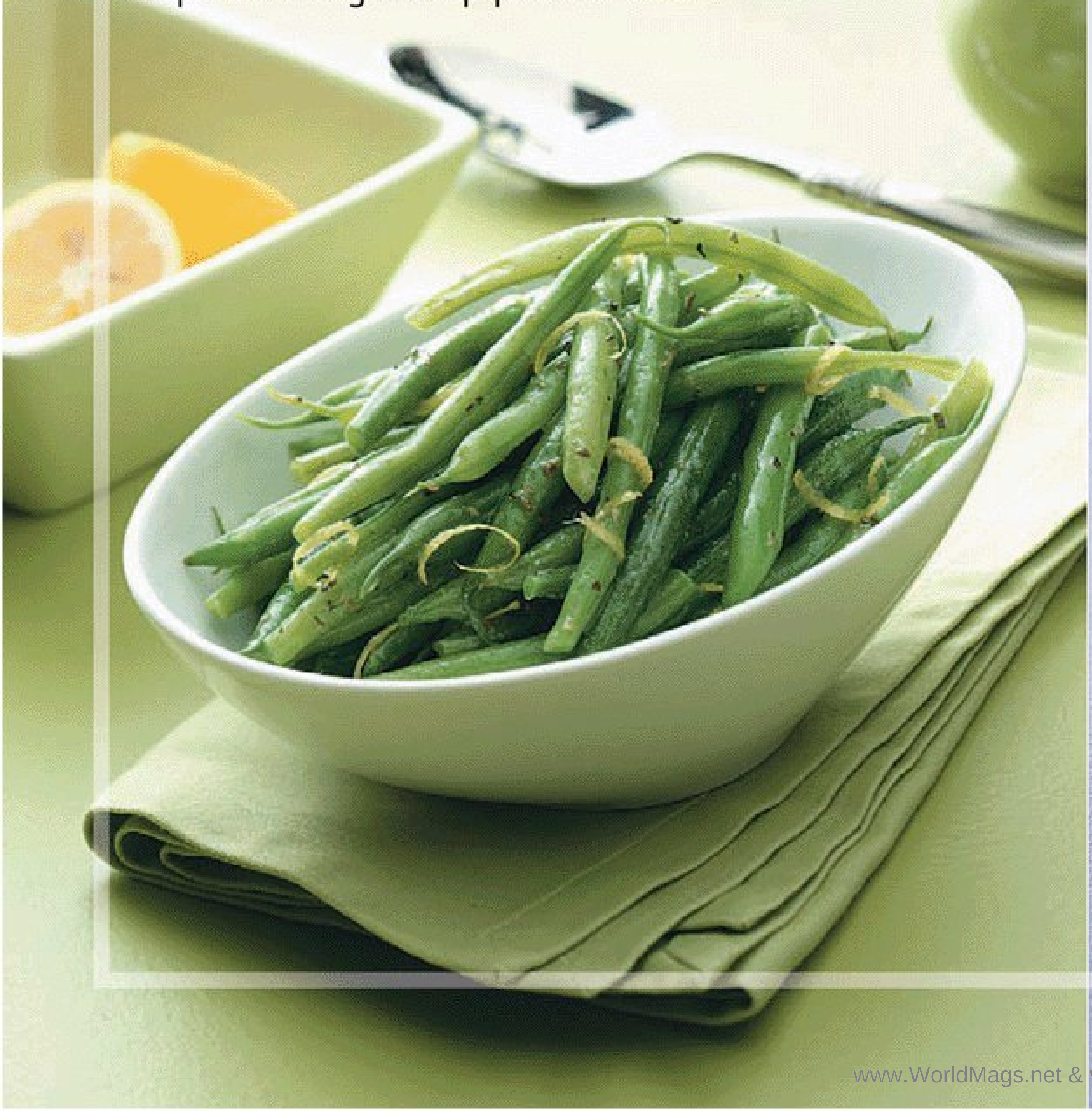
Lori Daniels // BEVERLY, WV taste of home fieldeditor

These colorful kabobs are a wonderful way to showcase fresh veggies from your garden. Each bite is tender and flavorful, and the aroma is amazing.

fabulous green beans

Lori Daniels // BEVERLY, WV taste of home fieldeditor

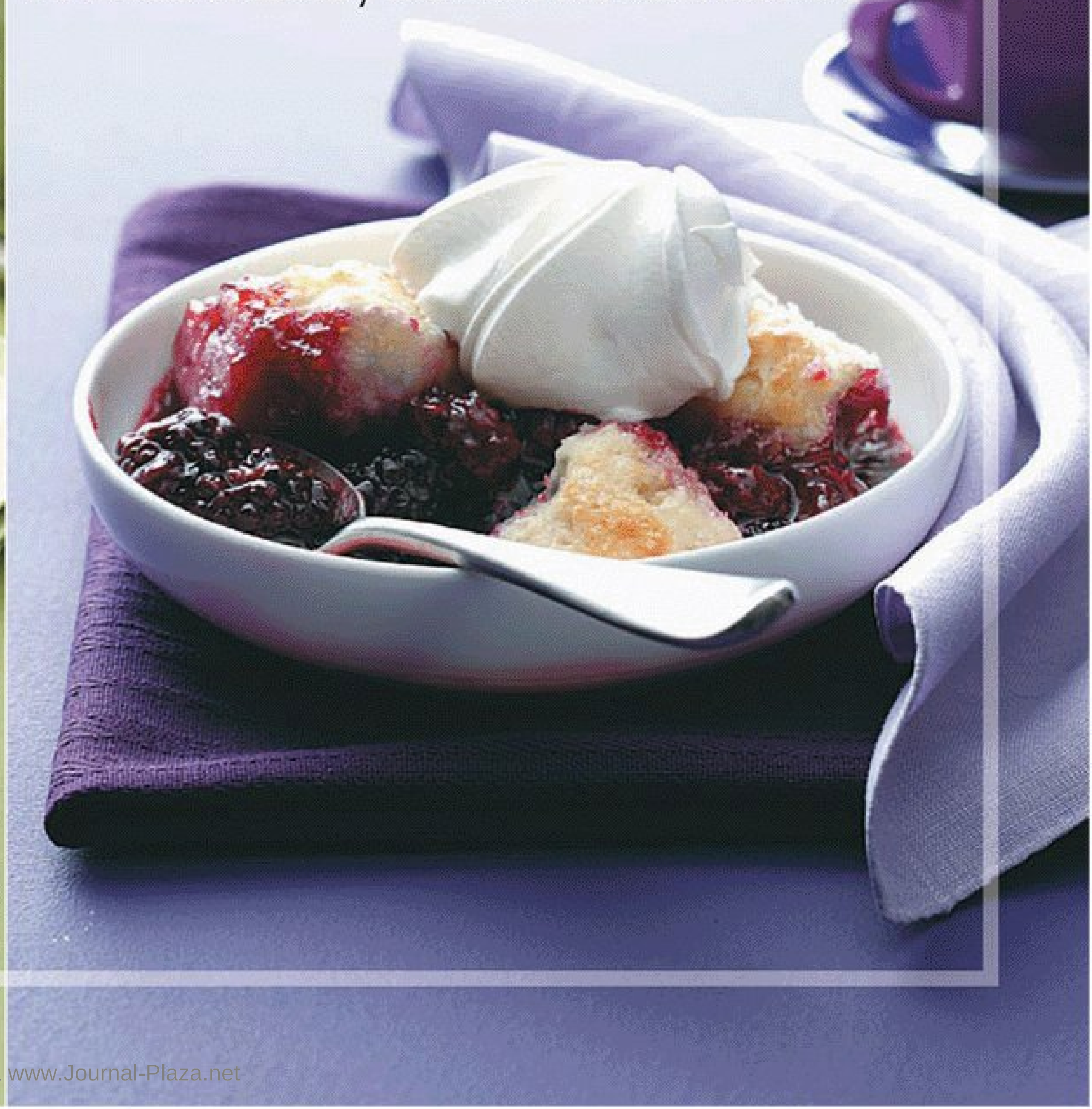
"My family loves this butter sauce over green beans, whether they are fresh or frozen. I've used this easy recipe over sugar snap peas as well."



blackberry cobbler

Lori Daniels // BEVERLY, WV taste of home fieldeditor

"Our family enjoys homegrown blackberries in pies, jams, jellies and cobblers. I love to pull them out of the freezer in January and make this warm cobbler."



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MARINATED VEGGIE // BEEF KABOBS

PREP: 35 MIN. + MARINATING GRILL: 10 MIN.
YIELD: 8 KABOBS

- 1 cup dry red wine
- 1/2 cup olive oil
- 4 tsp. Worcestershire sauce
- 4 tsp. Italian seasoning
- 1 Tbsp. garlic powder
- 2 tsp. seasoned salt
- 2 tsp. pepper
- 1 tsp. dried parsley flakes
- 1 beef top sirloin steak (1-1/2 pounds), cut into 1-inch cubes
- 8 cherry tomatoes
- 1 large red onion
- 1 medium green pepper
- 1 yellow summer squash
- 1 medium zucchini

In a small bowl, combine first eight ingredients. Pour half the marinade into a large resealable plastic bag. Add the beef; seal bag and turn to coat.

Pour remaining marinade into another large resealable plastic bag; add tomatoes. Cut remaining vegetables into 1-in. pieces; add to bag. Seal bag and turn to coat. Refrigerate beef and vegetables for at least 2 hours.

Coat grill rack with cooking spray before starting the grill. Drain and discard marinade from beef. Drain vegetables, reserving the marinade for basting. On eight metal or soaked wooden skewers, alternately thread beef and vegetables.

Grill, covered, over medium heat for 10-15 minutes or until meat reaches desired doneness, basting frequently with reserved marinade and turning occasionally.

// GRILLED PORK CHOPS

PREP: 10 MIN. + MARINATING GRILL: 10 MIN.
YIELD: 4 SERVINGS

- 1/2 cup packed brown sugar
- 1/2 cup soy sauce
- 2 garlic cloves, minced
- 1/4 tsp. pepper
- 4 bone-in pork loin chops (1 inch thick and 8 ounces each)

In a small bowl, combine the brown sugar, soy sauce, garlic and pepper. Pour marinade into a large resealable plastic bag. Add pork chops; seal bag and turn to coat. Refrigerate for 8 hours or overnight.

If grilling the chops, coat grill rack with cooking spray before starting the grill. Drain and discard marinade. Grill chops, covered, over medium heat or broil 4 in. from the heat for 4-5 minutes on each side or until a meat thermometer reads 160°.

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// BLACKBERRY COBBLER

PREP: 25 MIN. BAKE: 30 MIN.
YIELD: 9 SERVINGS

- 3 cups fresh or frozen blackberries
- 1 cup sugar
- 1/4 tsp. ground cinnamon
- 3 Tbsp. cornstarch
- 1 cup cold water
- 1 Tbsp. butter

BISCUIT TOPPING:

- 1-1/2 cups all-purpose flour
- 1 Tbsp. sugar
- 1-1/2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 cup cold butter
- 1/2 cup 2% milk
- Whipped topping or vanilla ice cream, optional

In a large saucepan, combine the blackberries, sugar and cinnamon. Cook and stir until mixture comes to a boil. Combine the cornstarch and water until smooth; stir into fruit mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Pour into a greased 8-in. square baking dish. Dot with butter.

For topping, in a small bowl, combine the flour, sugar, baking powder and salt. Cut in butter until mixture resembles coarse crumbs. Stir in milk just until moistened. Drop by tablespoonfuls onto hot berry mixture.

Bake, uncovered, at 350° for 30-35 minutes or until filling is bubbly and topping is golden brown. Serve warm with whipped topping or ice cream.

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FABULOUS // GREEN BEANS

PREP/TOTAL TIME: 20 MIN.
YIELD: 4 SERVINGS

- 1 lb. fresh green beans, trimmed
- 1/4 cup butter, cubed
- 1 Tbsp. olive oil
- 1/2 tsp. salt
- 1/2 tsp. Italian seasoning
- 1/2 tsp. lemon juice
- 1/4 tsp. grated lemon peel

Place the beans in a steamer basket; place in a large saucepan over 1 in. of water. Bring to a boil; cover and steam for 8-10 minutes or until crisp-tender.

Meanwhile, in a small saucepan, heat the remaining ingredients until butter is melted. Transfer beans to a serving bowl; drizzle with butter mixture and toss to coat.

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COOKS WHO CARE

HIGH-TECH BAKE SALE

Her "Pie-O-U" campaign means treats for donors, homes for soldiers

Kelly Heft
Somersville, MA

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Not all bake sales are held in a school gym or church basement. **Kelly Heft** of Somersville, MA, hosts her bake sale over the Internet. She provides a "Pie-O-U" to those who donate money to Homes for Our Troops. Then, Kelly makes pies, cakes, cookies or her Cranberry-Port Fudge Brownies, and ships them to the donors or delivers them in person. She typically asks for donations of $10 for a dozen cupcakes.

Homes for Our Troops is a nonprofit organization that accepts donations of time and money to build handicap-accessible homes for soldiers returning from war with injuries that limit their mobility.

"My mother developed multiple sclerosis when my sister and I were kids, and I remember how challenging it was for our family to modify our home to meet her needs," says Kelly. "Our service-men and women and their families have given so much to our country. They deserve to live in an attractive, well-made home that meets their needs."

Known as the baker in her circle of friends, Kelly learned to bake from her mom.

"Now that my mother has passed away, baking makes me feel connected to her," she says. "Using these skills to raise money for a worthy cause is something she used to do, especially for the PTA at our school. I think she would be happy and proud that I am carrying on this tradition."

For more information, go to **homesforourtroops.org/goto/kelsbakesale.**

cranberry-port fudge brownies

"These fudgy brownies are my friend Krysta's favorite!" The port wine adds a sophisticated flavor to this decadent dessert.

Kelly Heft // SOMERSVILLE, MA

PREP: 25 MIN.
BAKE: 30 MIN. + COOLING
YIELD: 16 SERVINGS

- **4 ounces unsweetened chocolate, chopped**
- **1/2 cup butter, cubed**
- **1-1/2 cups sugar**
- **1/2 teaspoon vanilla extract**
- **2 eggs**
- **3/4 cup all-purpose flour**
- **1/4 teaspoon salt**
- **1/2 cup dried cranberries**
- **1/2 cup tawny port wine**

In a small saucepan, melt the chocolate and butter; stir until smooth. Remove from the heat; stir in sugar and vanilla. Add eggs, one at a time, stirring well after each addition. Stir in flour and salt just until blended. In a small saucepan, combine cranberries and wine. Bring to a boil over medium heat; cook until liquid is reduced to a thin syrupy consistency (about 3 minutes). Stir into the batter.

Transfer to a greased 9-in. square baking pan. Bake at 325° for 30-35 minutes or until a toothpick inserted near the center comes out clean (do not overbake). Cool on a wire rack.

Are you a cook who cares? We'd love to hear your story. Send it to **editors@tasteofhome.com** and put Cooks Who Care in the subject line.

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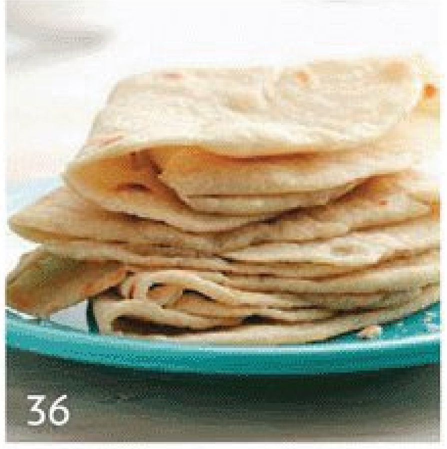

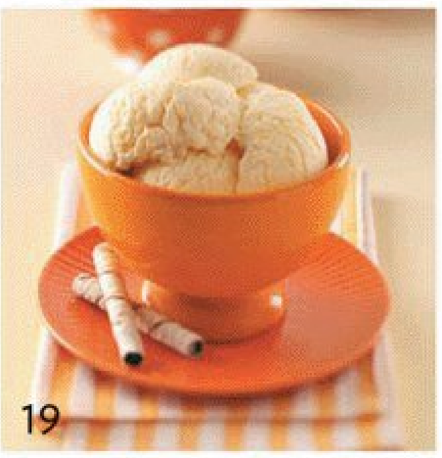

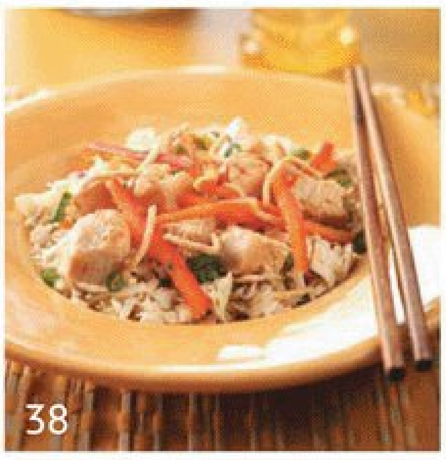

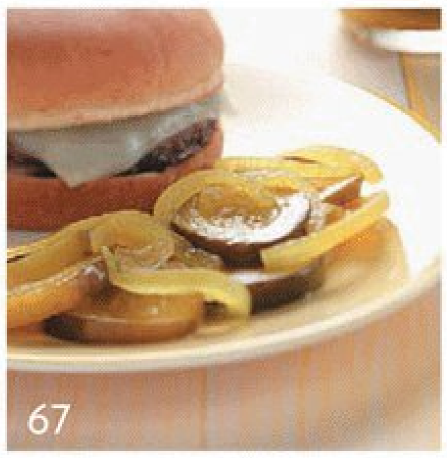

APPETIZERS

Fire-Roasted Tomato Salsa 38¢ 23
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Shrimp on Rosemary Skewers $2.23 22

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*Celestial Cherry Conserve 33¢ 69
Orange-Berry Jam 20¢ 67
*Peach Chutney 47¢ 65
Pomegranate Jelly 24¢ 68
*Spiced Pickled Beets 43¢ 66
*Strawberry Relish 45¢ 73
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Blackberry Cobbler 70¢ 81
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*Curried Apricot Pork Chops $1.93 49
Curried Chicken Shepherd's Pie $1.84 55
Enchilada Lasagna $1.31 32
Gnocchi Chicken Minestrone $2.82 55
Grilled Pork Chops $2.05 81
Grilled Tomatillo Chicken $3.33 53
*Halibut Soft Tacos $4.19 42
Herbed Roast Chicken $1.41 57
Marinated Ribeyes $3.78 61
Marinated Veggie Beef Kabobs $1.90 81
Mascarpone-Pesto Chicken Rolls $3.05 57
Pistachio-Crusted Chicken with Garden Spinach $5.99 57
Potato-Sausage Foil Packs $1.78 61
Skillet Tacos $1.46 33
Southern Fried Chicken Strips $1.90 21
Tuscan Pork Medallions $3.38 49

SALADS & DRESSINGS

Fast & Fabulous Thai Chicken Salad $1.21 38
*Fruit Salad in a Pineapple Boat $1.72 71
Greek Islands Steak Salad $5.04 37
*Grilled Tuna Bibb Salads $3.98 45
Horseradish Coleslaw 47¢ 21
Nectarine, Prosciutto & Endive Salad $2.39 74
*Pickled Veggie Salad 73¢ 27
Poppy Seed Chicken Salad $4.08 53
Rainbow Pepper Medley 68¢ 24
Roasted Vegetable Salad $1.17 27
*Summer Salad with Lemon Vinaigrette 92¢ 24
Taco Salad $1.66 38
Tangy Potato Salad 87¢ 21
Turkey & Fruit Salad $1.53 38

SANDWICHES & WRAPS

Open-Faced Chicken Avocado Burgers $3.48 53
Spicy Chicken Lettuce Wraps $2.36 57

SIDE DISHES

Fabulous Green Beans 47¢ 81
Grilled Sweet Onions $1.38 61
Honey Sweet Corn 39¢ 77

MORE!

COOKING FOR 2?

Our Test Kitchen has "paired down" some recipes from this issue. Find their "serves 2" versions at **tasteofhome.com/plus**

Campfire Trout Dinner for Two 62
Grilled Tomatillo Chicken for Two 53
Halibut Soft Tacos for Two 42
Open-Faced Chicken Avocado Burgers for Two 53
Potato-Sausage Foil Packs for Two 61

*RECIPE INCLUDES NUTRITIONAL FACTS **PRICE DOES NOT INCLUDE COST OF FISH ***COST VARIES

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